

Morale, Welfare & Recreation Sasebo, Japan

Showcase

M A G A Z I N E

07 JUL
/ 08
AUG
2012

Special Summer Edition

Happy Birthday America!

Firework
Show at
8:30 p.m.

This event is open to the CFAS and Sasebo Communities.
Japanese guests must have a photo ID. Large bags and
backpacks are subject to search. No alcohol or pets allowed.

Wednesday, July 4
Main Base • 3:30 - 8:45 p.m.



**LIVE
ENTERTAINMENT**
MWR & NAVY
ENTERTAINMENT
PRESENT

rehab

- CARNIVAL GAMES
- FOOD VENDORS
- ARTS & CRAFTS
- HOT DOG & SASEBO BURGER EATING CONTEST
- AIR TOYS

- 3-ON-3 BASKETBALL
- STRONGMAN COMPETITION
- INTERACTIVE GAMES
- ROCK WALL CLIMBING
- DISPLAYS



HARBOR FEST



Sasebo, Japan



SoftBank



For more information, call 252-3472.

Neither MWR nor the U.S. Navy endorses any product or service of the mentioned sponsor.



July & August 2012

- IFC Harbor Fest 4th of July Celebration**
MWR is celebrating America's Birthday with live entertainment, carnival games, displays, competitions, fireworks and good old American food. Come join the fun.
- 2 Summer Shows**
MWR has something for everyone! For the children, they can have their chance on stage with Missoula Children's Theater. For adults, your chance to see Edwin McCain live on stage.
- 7 - 9 Explore Japan with Travel & Tours**
Get out and discover Japan with Travel & Tours. Enjoy new trips, overnight tours and exciting adventures.
- 10 Conquer Mt. Fuji**
Your chance to climb Mt. Fuji only happens once a year. Stop by the Outdoor Adventure Center, get all of the details.
- IBC Back-to-School Block Party in Hario**
MWR is making back-to-school fun with an awesome block party. Flea & Farmer's Market, bicycle fun, scavenger hunt, free movie & more.
- BC 2012 Seaside Festival**
Two day open base events with sports, food, carnival games, air toys, live entertainment and more!

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CHRISTINA SPARKS • 252-3796 • Child & Youth Program Administrator
Lee Chambers • 252-2989 • Youth Director
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VACANT • 252-8842 • Hario CYP Trainer
VACANT • Main Base CYP Trainer
Tammy Berry • 252-2985 • Main Base Child Development Center Director
Vanessa Haralson • 252-8842 • Hario Child Development Center Director
VACANT • 252-2989 • Main Base School Age Care
Melissa Perez • 252-8866 • Hario School Age Care
Colleen Rettig • 252-3797 • Main Base Teen Center
Kassandra Gary • 252-8966 • Hario Teen Center
VACANT • 252-6899 • Athletics Director
Charmain Pardue • 252-2927 • Fitness and Aquatics
Dan Bellwood • 252-6891 • Sports Director
TAEKO YOSHINO • 252-8845 • Hario Fitness Center
Anthony Lawson • 252-8963 • Youth Sports
VACANT • 252-3320 • Community Activities
Sara Mizushima • 252-2910 • Library • Joseph Mendoza • 252-2968 • Showboat & Village Theaters
Robert Chesser • 252-3500 • Outdoor Adventure Center
Timothy Berry • 252-3434 • Spare Time Recreation Center
WALTER BIRKENHEIER • 252-2934 • MWR Maintenance, Warehousing, Auto & Wood Hobby Shops
DENNIS LEBLING • 252-2926 • Fleet Recreation Coordinator
Matthew Olczyk • 252-6896 • Liberty Program • Wayne Newnam • 252-3433 • Travel & Tours
KEN TAYLOR • 252-1802 • Food, Beverage & Entertainment
John Bart • 252-2952 • Charles Yost • 252-2940 • Harbor View Club
Efrain Gracia • 252-2980 • Galaxies • John Stemen • 252-1803 • Gaming

MWR presents the 2012

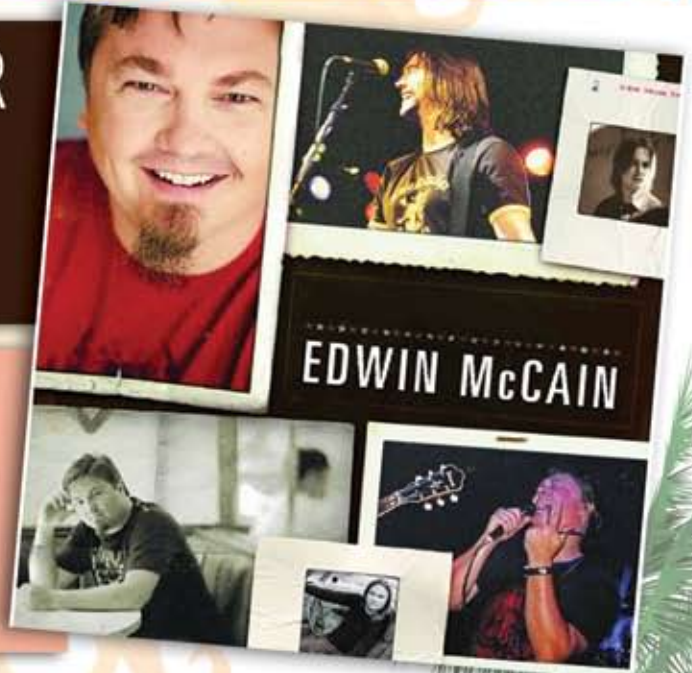
Summer Shows

EDWIN McCAIN & ERICK BAKER

Monday, August 13

8 p.m. • Free • Harbor View Club

Tickets will be available at the HVC Cash Cage from Friday, July 13 on a first come, first serve basis. Limit two per person.



Wednesday, July 4
Main Base • 3:30 - 8:45 p.m.



see inside front cover for complete details

mct International Tours

Missoula Children's Theater

Monday, July 16 - Saturday, July 21

Ages: 5 - 18
(completed Kindergarten / graduated from HS no earlier than 2012)

Auditions:
Monday, July 16 • 1 - 3 p.m.
Call backs will be announced on this day.

Practice:
Monday, July 16 • 3:30 - 5:30 p.m.
Tuesday, July 17 - Friday, July 20
1 - 3 p.m. & 3:30 - 5:30 p.m.

Workshops:
Hario Community Center
Chameleon Improvisation:
Grades 3 - 12 • Tuesday 6 - 7 p.m.
The Actor's Tools: Grades 3 - 5
Wednesday 6 - 7 p.m.
Let's Make up: Grades 1 - 12
Thursday 6 - 7 p.m.

BEAUTY LOU and the Country BEAST
A Sagebrush Fairy Tale



Register at the Main Base
or Hario Youth Center
Registration Deadline:
Wednesday, July 11 • 6 p.m.



Live Performance!

Saturday, July 21
5 p.m. • Free
Hario Theater

Live Performance!

For more information, call 252-2989 or 252-8866.

SEASIDE FESTIVAL

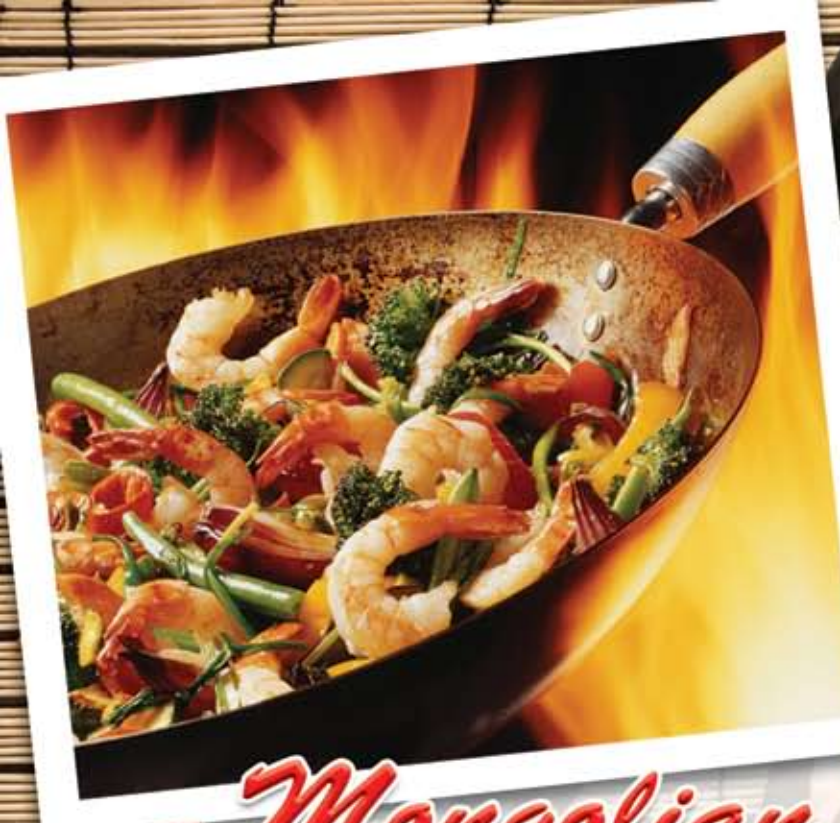
OPEN BASE EVENT!
SATURDAY & SUNDAY,
AUGUST 4 & 5

GATE TO PUBLIC OPENS AT 2:00 P.M. • CLOSES AT 8:30 P.M.



see back cover for complete details





Mongolian Barbecue

Every Thursday

5 - 9 p.m. • 65¢ per ounce

Select from fresh meats, vegetables, seafood, sauces and condiments. Compliment your meal with rice, soups, noodles and a trip to the ice cream sundae bar.



Bingo Night

Every Wednesday

\$20 per package • 18 years or older.

Doors open 5 p.m. • Games start at 6 p.m.



Happy Hour

Khaki Lounge & Hog Heaven

Every Friday • Starting at 5 p.m.

Enjoy drink specials and free food.



Sunday Brunch

10 a.m. - 2 p.m.

Adults: \$15

Children 4 - 10: \$7 • Children 3 & under: Free

Patrons can enjoy breakfast items, lunch entrees, salad bar, desserts & more.

Fun, Food & Family

DINING

Harbor View Club

Daily Lunch Specials: \$8

Served Monday - Friday

11 a.m. - 2 p.m.

Includes one trip to the Salad Bar and your choice of Iced Tea or Coffee.

All entrées accompanied by Chef's Garniture.

July

MONDAY

Chef Sakai-san's Homemade Meatloaf

Served with Buttery Yukon Gold Mashed Potatoes & topped with Mushroom Gravy.

TUESDAY

Tostada Tuesday

Two crispy Tortillas topped with Frijoles Refritos, Lettuce, Tomatoes, Spicy Ground Beef & Cheddar Cheese. Served with Homemade Salsa & Tex-Mex Rice.

WEDNESDAY

Oriental Chicken Chow Mein

Stir-Fried Boneless Chicken, Mushrooms, Water Chestnuts, Bamboo Shoots, Celery, Onions and finished with a rich Poultry Stock and Soy Sauce. Served with Steamed Rice.

THURSDAY

Thai Pork & Vegetable Red Curry

A blend of Pork, Eggplant and a variety of Vegetables seasoned with Thai Basil and Coconut Milk.

FRIDAY

Tavern Battered Dipped Cod

Lightly hand-dipped and fried to a Golden Brown and served with French Fries and Homemade Tartar Sauce.

August

MONDAY

Old-Timer's Favorite

4-Piece Crispy Fried Chicken Platter

Served with Chef's Vegetable of the day, Buttery Yukon Gold Mashed Potatoes and topped with Country Brown Gravy.

TUESDAY

Kyushu Island Tradition

World Famous Sasebo Burger

Served with all of the Toppings & Crispy French Fries.

WEDNESDAY

Penne Pasta Carbonara

Creamy Parmesan Cheese Sauce with Bacon, Green Peas & Topped with Grilled Chicken.

THURSDAY

Beer Braised German Bratwurst Sandwich

Served with Warm Potato Salad, Grilled Red Onions, Peppers & Dusseldorf Mustard.

FRIDAY

Hand-Breaded Fish Tacos

Breaded Wahoo Fish Filet, cooked to crispy perfection. Topped with shredded Lettuce, diced Tomatoes & Homemade Salsa and served with Mexican Rice & Refried Beans.

For take-out orders, call 252-2955.

Music, Food & Entertainment

GAMES

Brodie's, Galaxies & Hario Cantina

Let Brodie's do the cooking!

Family Meal

- 1** Whole Brodie's Rotisserie Chicken
- 2** Large Sides
- 4** Dinner Rolls

\$23



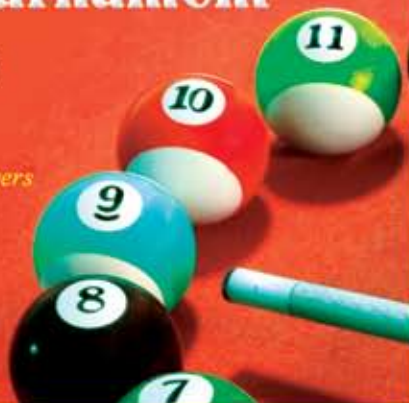
9-Ball Tournament

Monday, August 6

7 p.m. • Free

Brodie's 2nd Floor

A-Players wanted B-Players beware! 9-ball race to 5. Only sixteen slots open. Register at the Galaxies Cash Cage.



Dart Tournament

Monday, August 13

7 p.m. • \$10 per person

Brodie's 2nd Floor

Bring your darts and trash talk while the system keeps track of the score and you can see who will go home a sore loser.



Theme Nights

Happening on the 2nd & 3rd Floor

Every Monday...

Monday Mayhem Rock Night

7 - 10 p.m. • 2nd Floor

Start your week at Galaxies with rock 'n' roll music.

Every Tuesday...

Honky Tonk Night

7 - 10 p.m. • 2nd Floor

Enjoy country music all night long.

Every Thursday...

Latin Night

8 - 11:30 p.m. • 3rd Floor

Every Friday...

Brodies' Happy Hour

6:30 p.m. - 9 p.m. • 2nd Floor

R&B Hip-Hop Night

8 p.m. - 1:30 a.m. • 3rd Floor

Every Saturday...

Saturday's Playlist

8 p.m. - 1:30 a.m. • 3rd Floor

On this night, we will shuffle through the best of hip-hop, house, techno, reggae and old school tunes.





Brodie's Lunch Specials

\$6 (Includes a soda)
Served Monday - Friday • 11 a.m.
While supplies last.

JULY

Monday:
Ham and Cheese Calzone

Tuesday:
The "Gobbler"
Rotisserie Fired Turkey Breast, Lettuce, Tomatoes,
Red Onion, Topped with Cranberry Mayo and
served on Fresh Hoagie Roll.

Wednesday:
8" Single Topping Pizza

Thursday:
Roasted Pork Tacos
Served with Mexican Rice & Beans.

Friday:
The "Deniro" Sandwich
Grilled Pastrami, Provolone Cheese,
Lettuce and Tomatoes served with Chips.

AUGUST

Monday:
2 Piece Rotisserie Chicken
With Whipped Potatoes, Corn and a Roll.

Tuesday:
Mexican Calzone
Calzone stuffed with Spicy Ground Beef and
Monterey Jack Cheese served with Mexican Rice.

Wednesday:
Crispy Orange Chicken Rice Bowl

Thursday:
8" Single Topping Pizza

Friday:
Sweet Baby Ray's BBQ Rib Basket
Served with fries.

UFC FIGHTS

FREE **AT BRODIE'S**

2ND FLOOR • DOORS OPEN 10 A.M.

*Slam Specials: Two medium single topping pizzas for \$15
Wings basket for \$5 • Drink Specials*

Sunday, July 8
UFC 148

SILVA vs. SONNEN II



Sunday, July 22
UFC 149

FABER vs. BARAO



9-Ball Tournament

Thursday, August 16

7 p.m. • Free

**A-Players wanted
B-Players beware!
9-ball race to 5.**

Hario Cantina





All classes are free.

JCI Clinic

Wednesdays • 6 - 7 p.m.
Learn what the mechanics look for during the JCI inspection. We'll give you information on how to fix the basic problems as well as information on local shops and parts dealers that are certified in doing the inspection. Save hundreds of dollars doing this yourself!

Car Detailing Tips & Tricks

Thursdays • 4:30 - 5:30 p.m.
Stop by and learn about how to keep your car or motorcycle looking great!

Tire Changing & Balancing Class

Fridays • 5 - 6 p.m.
Come in and learn how to use these very useful and money saving machines!

Oil Change Clinic

Saturdays • 2:30 - 3:30 p.m.
Bring a filter and oil, and find out how fast and easy this money saving task really is in a clean and fun environment!

Auto Hobby Safety Class

Sundays • 2 - 3:30 p.m.
Come in and learn what the shop can do for you. This class is mandatory for all patrons who use the shop.



T.G.I.F. Bowling

Friday, July 27
7 p.m. • Free
Open to Single and Unaccompanied Military.
USO
Running low on cash? In between paydays? No worries, the Spare Time Recreation Center and USO have you covered. Bowling, food (while supplies last) and friendly competitions. Prizes to the winners.

SPARE TIME RECREATION CENTER

Ongoing Events

Galactic Bowling

First and third Friday of every month
7 - 9 p.m.
\$6.50 per person
Bowl for 2 hours under a disco light setting.

Military in Uniform Bowl Free

Monday - Friday
11 a.m. - 1 p.m.
All you have to do is rent your shoes.

Bowling at Lunch

Monday - Friday
11 a.m. - 1 p.m.
Spend \$6 or more at the 11th Frame Snack Bar and bowl 2 games for free. Bring today's receipt to the front counter. All you have to do is rent your shoes.

Family Bowling

Sundays
11 a.m. - 4 p.m.
Kids 12 & under bowl for free with a paid adult. All you have to do is rent your shoes.

11th Frame Snack Bar

Lunch Specials • \$6

Includes a Soda and your choice of French Fries, Curly Fries, Coleslaw or Chips.

**Served Monday - Friday
11 a.m. - 5 p.m.**

July

MONDAY: Reuben Sandwich

TUESDAY: Clam Basket

WEDNESDAY: Fish Sandwich

THURSDAY: Chili Burger

FRIDAY: Turkey Melt

August

MONDAY: Shrimp Basket

TUESDAY: Roast Beef Melt

WEDNESDAY: Bacon & Egg Burger

THURSDAY: BBQ Pork Sandwich

FRIDAY: Fish Sandwich

Have a Party!

Plan your next event at the Spare Time Recreation Center. We can help you celebrate your birthday or command event. To see what Party Packages are available, stop by the Spare Time Recreation Center's front counter.

Make Reservations for Re-enlistments

For your re-enlistment ceremony, reserve your space at Spare Time Recreation Center by calling 252-3634. With several commands doing re-enlistments at the same time, a firm reservation is your best bet.



Amusement, History & Fun

EXPLORE

Travel & Tours

Scheduled Tours, Information,
Do-It-Yourself Trips!

Iki Island Overnight

Saturday, July 28 - Sunday, July 29

Registration Deadline: Thursday, July 12

Ages 12 & up: \$129, Ages 6 - 11: \$111,

Ages 5 & under: \$43

Depart: Saturday, July 28

Main Base 6:30 a.m. • Hario 7:15 a.m.

Return: Sunday, July 29

Hario 7 p.m. • Main Base 7:30 p.m.

July

Independence Day Special Bio Park Interactive Zoo

Wednesday, July 4

Adults: \$20, Ages 3 - 17: \$14,

Ages 2 & under: \$6

Registration Deadline: Monday, July 2

Depart: Main Base 9:45 a.m. • Hario 10:30 a.m.

Return: Hario 2:30 p.m. • Main Base 3 p.m.

A zoo and botanical garden offering hands-on experiences.

Hiko-san Slope Car Ride & Laputa Farm

Saturday, July 7

All seats: \$26,
with optional lunch buffet: \$42

Registration Deadline: Thursday, July 5

Depart: Main Base 8 a.m. • Hario 8:45 a.m.

Return: Hario 6 p.m. • Main Base 6:30 p.m.

Hiko-san has been revered as a holy mountain since ancient times.

Greenland Amusement Park

Sunday, July 8

Ages 14 & up: \$69, Ages 6 - 13: \$60,

Ages 5 & under: \$49

Registration Deadline: Thursday, July 5

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8 p.m. • Main Base 8:30 p.m.

This park is a coaster lover's dream with 10 widely varied scream machines to enjoy.

Costco & Torius Shopping

Saturday, July 14

All seats: \$15

Registration Deadline: Thursday, July 12

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 5:30 p.m. • Main Base 6 p.m.

Space World Amusement Park

Saturday, July 14

Ages 12 & up: \$57, Ages 7 - 11: \$45,

Ages 6 & under: \$26

Registration Deadline: Thursday, July 12

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8 p.m. • Main Base 8:30 p.m.

Pro Baseball Game at Fukuoka Yahoo! Dome

SoftBank Hawks vs. Chiba Lotte Marines

Sunday, July 15

All seats: \$42

Registration Deadline: Thursday, July 12

Depart: Main Base 8:45 a.m. • Hario 9:30 a.m.

Return: Hario 7:30 p.m. • Main Base 8 p.m.

Enjoy pro baseball Japanese style.

25 seats are available for this trip

Round 1 Sports Entertainment Center in Saga

Sunday, July 15

Adult: \$38, Ages 6 - 17: \$35,

Ages 2 - 5: \$22, Under 2: \$16

Registration Deadline: Thursday, July 12

Depart: Main Base 8:45 a.m. • Hario 9:30 a.m.

Return: Hario 3:30 p.m. • Main Base 4 p.m.

Enjoy bowling, karaoke, video games, UFO catcher, and much more!

Nagasaki City Day Tour

Saturday, July 21

Adults: \$32, Ages 6 - 17: \$25,

Ages 5 & under: \$13

Registration Deadline: Thursday, July 19

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7 p.m. • Main Base 7:30 p.m.

Visit the Peace Park, Atomic Bomb Museum and other historic sites in Nagasaki City.

African Safari Park

Saturday, July 21

Ages 6 & up: \$57, Ages 4 - 5: \$44,

Ages 3 & under: \$27

Registration Deadline: Thursday, July 19

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

The largest safari park in Japan with 70 species and 1400 animals in all!

Yokose 450th Commemoration

Sunday, July 22

All seats: \$10

Registration Deadline: Thursday, July 19

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 2 p.m. • Main Base 2:30 p.m.

2012 marks the 450th Anniversary of the opening of the port of Yokoseura to foreign trade.

Kumamoto City Day Tour

Sunday, July 22

Ages 16 & up \$30, Ages 15 & under: \$22

Registration Deadline: Thursday, July 19

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7:30 p.m. • Main Base 8 p.m.

Visit the sites where events depicted in "The Last Samurai" took place!

"Beat the Heat Special"

Nagasaki Penguin Aquarium

Saturday, July 28

Adults: \$19, Ages 4 - 12: \$18,

Ages 3 & under: \$14

Registration Deadline: Thursday, July 26

Depart: Main Base 11 a.m. • Hario 11:45 a.m.

Return: Hario 5:15 p.m. • Main Base 5:45 p.m.

Of the 18 species of Penguins on Earth, eight species (140 penguins) are kept here.

Blueberry Picking & Paper Fan Making

Sunday, July 29

Ages 16 & up: \$33, Ages 4 - 15: \$30,

Ages 3 & under: \$17 (blueberry picking only, no fan making).

Registration Deadline: Tuesday, July 24

Depart: Main Base 7:15 a.m. • Hario 8 a.m.

Return: Hario 4 p.m. • Main Base 4:30 p.m.

Pick fresh blueberries then try your hand at making a traditional Japanese craft.

TRAVEL & TOURS SIGN-UP RULES

- Registration for all day trips scheduled from July 21 through September 15 will begin on Saturday, June 30.
- Tour registration will only be taken in person on the first day of tour registrations.
- Registration will be on a first-come, first-served basis with payment due at the time of registration.
- On the first day of ticket sales, patrons will be limited to purchasing 1 ticket per SOFA sponsored family member. An additional two tickets may be purchased unless tour is designated "Limited Availability."
- Make sure your RecTrac Household is up to date!
- Registration dates for overnight tours are as indicated.
- Departure and return times indicated for tours are tentative. Finalized times will be indicated on the tour itineraries given to you at the time of registration.

Iki Island Overnight

Saturday, August 11 - Sunday, August 12

Ages 12 & up: \$129, Ages 6 - 11: \$111,

Ages 5 & under: \$43

Registration Deadline: Thursday, July 26

Depart: August 11

Main Base 6:30 a.m. • Hario 7:15 a.m.

Return: August 12

Hario 6:30 p.m. • Main Base 7 p.m.

Enjoy the soft sand, sky blue waters and the beautifully sculpted coastlines of this magnificent island.

38 seats are available for this trip.

August

Takachiho Gorge & Tsujunkyo Sightseeing

Saturday, August 4

All seats: \$28

Registration Deadline: Thursday, August 2

Depart: Main Base 6:45 a.m. • Hario 7:30 a.m.

Return: Hario 9:30 p.m. • 10 p.m.

This trip takes you to see some of the most beautiful scenery in Kyushu.

Naka River Cruise & Yatai

Saturday, August 4

All seats: \$26 (Adults only)

Registration Deadline: Thursday, August 2

Depart: Main Base 4 p.m. • Hario 4:45 p.m.

Return: Hario 1 a.m. • Main Base 1:30 a.m.

Enjoy a cruise along the Naka River before sampling the Yatai food and drinks.

Pro Baseball Game at Fukuoka Yahoo! Dome

SoftBank Hawks vs. Saitama Seibu Lions

Sunday, August 5

All seats: \$42

Registration Deadline: Thursday, August 2

Depart: Main Base 8:45 a.m. • Hario 9:30 a.m.

Return: Hario 7:30 p.m. • Main Base 8 p.m.

Experience baseball Japanese style!

25 seats are available for this trip.

"Beat the Heat Special"

Greenland Amusement Park

Sunday, August 5

Ages 14 & up: \$55, Ages 6 - 13: \$48,

Ages 5 & under: \$39

Registration Deadline: Thursday, August 2

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8 p.m. • Main Base 8:30 p.m.

A roller coaster aficionados' dream place.

Explore Fukuoka

Saturday, August 11

All seats: \$19

Registration Deadline: Thursday, August 9

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 6 p.m. • Main Base 6:30 p.m.

Enjoy the sights, sounds and shopping of Fukuoka at your own pace.

Bio Park Interactive Zoo

Sunday, August 12

Adults: \$27, Ages 3 - 17: \$18,

Ages 2 & under: \$7

Registration Deadline: Thursday, August 9

Depart: Main Base 9:45 a.m. • Hario 10:30 a.m.

Return: Hario 2:30 p.m. • Main Base 3 p.m.

A zoo and botanical garden offering hands-on nature experiences.

Nagasaki City Day Tour

Saturday, August 18

Adults: \$32, Ages 6 - 17: \$25,

Ages 5 & under: \$13

Registration Deadline: Thursday, August 16

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 7 p.m. • Main Base 7:30 p.m.

Visit the Peace Park, Atomic Bomb Museum and other historic sites in Nagasaki City.

Waterfalls of Oita

Saturday, August 18

All seats: \$32

Registration Deadline: Thursday, August 16

Depart: Main Base 6:30 a.m. • Hario 7:15 a.m.

Return: Hario 6:30 p.m. • Main Base 7 p.m.

Visit 3 beautiful waterfalls in Oita prefecture.

"Beat the Heat Special"

Space World Amusement Park

Sunday, August 19

Ages 12 & up: \$47, Ages 7 - 11: \$37,

Ages 6 & under: \$22

Registration Deadline: Thursday, August 16

Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.

Return: Hario 8 p.m. • Main Base 8:30 p.m.

The world's first space-themed amusement park.

"Beat the Heat Special"

Uminonakamichi Seaside Park

Sunday, August 19

Ages 15 & up: \$22, Ages 14 & under: \$18

Registration Deadline: Thursday, August 16

Depart: Main Base 8 a.m. • Hario 8:45 a.m.

Return: Hario 5:30 p.m. • Main Base 6 p.m.

An exciting nature and outdoor recreation park the whole family can enjoy!

"Beat the Heat Special"

Limited Availability

Disney on Ice

Saturday, August 25

Ages 4 & up: \$61, Ages 3 & under: \$13

(tickets not required but child must sit on parents lap and one child per parent)

Registration Deadline: Thursday, August 23

Departs: Main Base 9:30 a.m. • Hario 10:15 a.m.

Return: Hario 5:45 p.m. • Main Base 6:15 p.m.

Disney on Ice presents Princesses and Heroes!

Recycle Shopping in Togitsu

Saturday, August 25

All seats: \$16

Registration Deadline: Thursday, August 23

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 2:30 p.m. • Main Base 3 p.m.

Find great deals as you visit 3 of the largest recycle/second hand stores in the area!

"Beat the Heat Special"

Limited Availability

Disney on Ice

Sunday, August 26

All seats: \$61, Ages 3 & under: \$13

(tickets not required but child must sit on parents lap and one child per parent)

Registration Deadline: Thursday, August 23

Departs: Main Base 10:30 a.m. • Hario 11:15 a.m.

Return: Hario 7 p.m. • Main Base 7:30 p.m.

Disney on Ice presents Princesses and Heroes!

Yutoku Inari Shrine & Sachihime Sake Tasting

Sunday, August 26

All seats: \$16

Registration Deadline: Thursday, August 23

Depart: Main Base 8:15 a.m. • Hario 9 a.m.

Return: Hario 3:30 p.m. • Main Base 4 p.m.

Yutoku Inari-shrine is one of the largest Inari-shrines in Japan.



September

Waterfalls of Saga

Saturday, September 1
All Seats: \$19

Registration Deadline: Thursday, August 30
Depart: Main Base 8:15 a.m. • Hario 9 a.m.
Return: Hario 5:30 p.m. • Main Base 6 p.m.
This trip takes you to Saga prefecture where you will visit 3 beautiful waterfalls.

Apple Picking & Premium Outlet Tosu

Sunday, September 2
All seats: \$15

Registration Deadline: Thursday, August 30
Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.
Return: Hario 4:30 p.m. • Main Base 5 p.m.
Pick fresh apples right off the trees followed by a stop at Premium Outlet Tosu.

Dolphin Watching & Japan's Longest Foot Bath

Sunday, September 2
Ages 12 & up: \$38, Ages 4 - 11: \$26,
Ages 3 & under: \$13

Registration Deadline: Monday, August 27
Depart: Main Base 8:15 a.m. • Hario 9 a.m.
Return: Hario 6:30 p.m. • Main Base 7 p.m.
Enjoy watching these beautiful animals in their natural habitat.

Labor Day Special Couples Getaway

Monday, September 3
Adult: \$44 (couples only)

Registration Deadline: Thursday, August 30
Depart: Main Base 8:15 a.m. • Hario 9 a.m.
Return: Hario 6:30 p.m. • Main Base 7 p.m.
Adult getaway featuring your favorite foods, private bath and shochu sampling.

Hours of Operation

Monday - Saturday • 10 a.m. - 6 p.m.
Sunday & Federal Holidays • Closed
252-3433 / 252-2916

Hiroshima & Miyajima Overnight Sunday, September 2 - Monday, September 3

Ages 16 & up: \$167, Ages 6 - 15: \$164,
Ages 5 & under: \$62

Registration Begins: Saturday, June 30
Registration Deadline: Thursday, August 16

Depart: Sunday, September 2

Main Base 7 a.m. • Hario 7:45 a.m.

Return: Monday, September 3

Hario 8 p.m. • Main Base 8:30 p.m.

When the first atomic bomb was dropped over Hiroshima on August 6, 1945, the city became known worldwide for this unenviable distinction. Miyajima is a small island less than an hour outside the city of Hiroshima. Miyajima is most famous for its giant torii gate, which at high tide seems to float on top of the water. 38 seats are available for this trip.

Costco Express Shopping

Saturday, September 8
All seats: \$12

Registration Deadline: Thursday, September 6
Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.
Return: Hario 3 p.m. • Main Base 3:30 p.m.
Similar to our usual Costco trip but shortened for shoppers who want to get in and get out

Saga Space & Science Center

Saturday, September 8
Adult: \$22, Ages 4 - 17: \$15,
Ages 3 & under: \$11

Registration Deadline: Thursday, September 6
Depart: Main Base 8:15 a.m. • Hario 9 a.m.
Return: Hario 4 p.m. • Main Base 4:30 p.m.
The Saga Space & Science Center offers opportunities to learn in a fun and interesting way.

Greenland Amusement Park

Sunday, September 9
Ages 14 & up: \$69, Ages 6 - 13: \$60,
Ages 5 & under: \$49

Registration Deadline: Thursday, September 6
Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.
Return: Hario 8 p.m. • Main Base 8:30 p.m.
A coaster lovers dream park.

Takachiho Gorge & Tsujunkyo Sightseeing

Sunday, September 9
All seats: \$28

Registration Deadline: Thursday, September 6
Depart: Main Base 6:45 a.m. • Hario 7:30 a.m.
Return: Hario 9:30 p.m. • 10 p.m.
This trip takes you to see some of the most beautiful natural wonders of Kyushu.

"Beat the Heat Special"

Papio Ice Skating & Aeon Lucle Shopping Mall Fukuoka

Saturday, September 15
Adult: \$36, Ages 13 - 17: \$34,
Ages 12 & under: \$32

Registration Deadline: Thursday, September 13
Depart: Main Base 7:15 a.m. • Hario 8 a.m.
Return: Hario 6:30 p.m. • Main Base 7 p.m.
Show off your ice skating skills followed by shopping at Aeon Mall Fukuoka Lucle.

Kumamoto City Day Tour

Saturday, September 15
Ages 16 & up \$30, Ages 15 & under: \$22
Registration Deadline: Thursday, September 13
Depart: Main Base 7:45 a.m. • Hario 8:30 a.m.
Return: Hario 7:30 p.m. • Main Base 8 p.m.
Visit the sites where events depicted in The Last Samurai took place!

Do-it-Yourself Destination



Mukyudou (Eternal Cave)

Mukyudou or Eternal Cave is an air raid shelter dug by the teachers and students of Miya Village Elementary School during World War II. The principal of the school suggested the plan and the construction lasted for about 2 years. The shelter had a food storage area as well as a kitchen, restroom and an old farming style tool used to pump fresh air into the shelter. In 1994 Sasebo experienced a severe water shortage and the cave was sealed and used as an emergency water reservoir. Be sure to stop by and visit this engineering wonder and valuable historical war relic!

Contact ITT for driving directions and an English language informational sheet!

Land & Sea

ACTION

Outdoor Adventure Center

Special Trips

Ikitsuki Island Camping Trip

Saturday, July 14 - Sunday, July 15

Per Person: \$35

Per Couple: \$45

Per Family: \$55

Departs: Saturday, 10 a.m. • Returns: Sunday, 12 p.m.

Price includes transportation, camp site fee, tents and sleeping bags. This camp ground is prime for saltwater fishing, hiking and beautiful scenery.

Nagasaki City Inasayama Overlook

Night Stroll (Joint trip with Liberty)

Friday, July 27

5 - 10 p.m. • \$25

Enjoy a romantic night stroll with the Nagasaki city lights shining below. The area is filled with deer and other wildlife. An overlook restaurant is optional for dining.

Price includes transportation and guide.

Hirado Bridge Night Stroll (Joint trip with Liberty)

Friday, August 10

5 - 10 p.m. • \$25

Price includes transportation and guide. Hike across the Hirado bridge and eat dinner at an all-you-can-eat/drink seafood buffet. Restaurant is optional. Adults only recommended. Contact OAC for buffet options and price.

Neshiko Beach Family Day Trip

Saturday, August 11

8:15 a.m. - 5 p.m. • \$16

Price includes transportation, guide and food. Come and spend a day out at one of the biggest beaches around on Hirado Island and enjoy a cookout prepared by OAC.

T.G.I.F. Cookout Party at OAC

Friday, August 24

5 - 8:30 p.m. • Free

For Single and Unaccompanied Military

All Hands, enjoy free food, drinks, games, music, rock wall and prizes at the Outdoor Adventure Center. Have fun and save money! Sponsored by USO and MWR.



Sea Kayaking Overnight Camping Tour

Saturday, August 18 - Sunday, August 19

\$49

Departs: Saturday, 10 a.m. • Returns: Sunday, 12 p.m.

Price includes transportation, guide, kayak, sleeping bag and tent. Bring your own food. We kayak to our own private island in the 99 Island group. This is a good get away from it all adventure with several activities to choose from.



Mt. Fuji Hikes

(Joint trip with Liberty)

Friday, July 13 - Sunday, July 15

\$175 (Adults Only)

Departs: Friday, 12 p.m. • Returns: Sunday, 12 a.m.

This includes one night stay Saturday night in Atsugi. Mandatory pre-trip briefing and bag check on the Thursday before the trip at 5 p.m.

Friday, August 24 - Sunday, August 26

\$149

Departs: Friday, 3 p.m. • Returns: Sunday, 12 p.m.

Mandatory pre-trip briefing and bag check on the Thursday before the trip at 5 p.m. Come out and attempt to climb the highest peak in Japan. Even if you couldn't get out on any of our Fit for Fuji trips, we can recommend some nearby hikes to help get you ready for the climb. At 12,389 feet, this peak will really test you. You also don't want to miss the opportunity to bring home one of those famous Mt. Fuji walking sticks burned at every station as you climb up. Open to ages 16 & older. Children ages 8 - 15 need to obtain permission from the OAC Manager.

Free Classes

Bike Repair

Thursdays, July 5, 19 & August 16, 30

5 - 6 p.m.

Fishing Seminars

Thursdays, July 19, 26 & August 2, 23

5 - 6 p.m.

Services Available

SCUBA equipment and Bicycle repair is offered at the OAC. Stop by for a price quote. Outdoor camping and other gear are available for rent.



Fishing

All of our fishing trips include rod & reel, all the bait you will need, and initial fishing rigs. We will also have additional gear for sale if you need. We have done all of the research and have chosen location and times to maximize your chance for success.

Pro-Bass Fishing Experience

Sunday, July 1: Kokuzo • 2 - 9 p.m.

Saturday, July 7: Nagahama • 2 - 9 p.m.
\$49

We will provide you with a guide, rod, tackle, float tube, waders and fins to get you as close as possible to the fish. Custom trips are available any time with a minimum of 2 participants.

Night Saltwater Charter Boat Fishing

Saturday, July 21

6 p.m. - 1 a.m. • \$100

Saltwater Pier Fishing at Fukushima Bay

Sunday, July 22

8 a.m. - 4 p.m. • \$24

Family Casual Bass Fishing at Hasami Lake

Saturday, July 28,

Sunday August 12

10 a.m. - 4 p.m. • \$24

Sea Kayaking

Full Moon 99 Islands Sea Kayaking Class & Tour

Saturday, July 7 & Friday, August 31

5 - 10 p.m. • \$40

We will teach you basic paddling and safety skills, then paddle out to an uninhabited island and spend the evening hours kayaking in the full moon light with a pit stop on the beach. All gear is provided, beginners welcome.

Twilight Sea Kayak Paddling & Self Rescue Skills Course

Fridays July 20 & August 17

5:30 - 8:30 p.m. • \$35

This course will teach the basics of sea kayak self and assisted rescue, and paddling skills in the cooler part of the day. You will also get a good introduction to the 99 islands. This course also qualifies you to rent our kayaks to head out on your own trips.

Paintball

Paintball at Sakibe Field

Fridays, Saturdays & Sundays, plus other days upon request for command functions when staff available and schedule permits.

10 a.m. - 1 p.m. \$10 + paintballs

Cost includes transportation and equipment. Paintballs can be purchased at the Hammerhead Dive Shop. We need a minimum of 8 people to run a game. Sign up by the preceding Thursday to guarantee a spot in the game.

Custom Tours and Trips

We have a lot of different trips available for small and large groups, including Chartered Deep Sea Fishing, hiking, caving, sea kayaking, camping, diving and any other adventure imaginable when the schedule/staff permits. Stop by the OAC to get more information or to schedule a trip.



SCUBA Diving

Basic Open Water SCUBA Diving Class (NAUI)

Class Start Dates: Saturdays, July 7, 28 & August 4, 18

9 a.m. - 4 p.m. • \$299

Get certified to be a Basic Open Water Diver. Classes are held on Saturday and Sunday on two consecutive weekends. Classroom and basic skills in the pool are taught the first weekend. Open water skills and certification dive are demonstrated on the second weekend within the 99 Islands National Park.

Advanced Open Water SCUBA Diving Class (NAUI)

Friday, August 24 - Sunday, August 26 • \$200

Friday 4:30 - 10 p.m.

Saturday and Sunday 9 a.m. - 4 p.m.

Dive Trips

Sundays, July 15, 22 & Sundays, August 12, 26.

\$40 (Includes transportation, guide, and one tank of air, rental equipment is extra) The Outdoor Adventure Center is offering boat dive trips within scenic 99 Islands with a SCUBA professional as your guide.



Hammerhead Dive Shop is an authorized dealer for Aqua Lung, Aqua Sphere, Apeks, Sea Quest, Deep See, Suunto, U.S. Divers, and Stohlquist. Come in and see for yourself:

- Our prices are lower than those you can find in any authorized dive shop stateside.
- You receive a warranty on our dive gear which is honored only when purchased from an authorized dealer.
- Our prices are comparable to Internet discount dive shops, which are not authorized dealers.
- We often special order products for our customers, which are typically filled within 2 weeks, and we pay for the shipping cost!

Stop by and see what is available in our dive shop or what diving, snorkeling, swimming, or paddling products are available through special order. All profits from products purchased through the Hammerhead Dive Shop support your local MWR programs.

Activities & Trips

LIBERTY

Single or Unaccompanied Military

July



Coalition of Sailors Against Destructive Decisions (CSADD) Monthly Meeting

Thursday, July 5
10 a.m. • Free

This organization participates in local community relations events, discusses hot-button topics affecting today's sailors and much more! For more information on how to join please contact robert.copeland@fe.navy.mil.

Chicken Wing Day!

Thursday, July 5
5:30 p.m. • Free

Chicken wing eating contest will begin at 6 p.m. Prizes will be awarded for 1st and 2nd place. Register early, limited.

Will Ferrell Movie Night

Friday, July 6
5:30 p.m. • Free

Come enjoy hot popcorn and watch Anchorman and Talladega Nights!



Kawatana Windsurfing

Saturday, July 7
9 a.m. - 5 p.m. • \$35

Registration Deadline: Monday, July 2. Would you like to learn how to windsurf? Here is an awesome opportunity. Price includes transportation and windsurfing lesson. Maximum number of seats: 12

Call of Duty: Modern Warfare 3 Tournament

Wednesday, July 11
5:30 p.m. • Free

Come find out who the best CoD MW3 Player is in Sasebo! Prizes will be awarded to 1st and 2nd place.

Friday the 13th Movie Night

Friday, July 13
5:30 p.m. • Free

Come enjoy hot popcorn and watch Jason Voorhies reign terror on New York City.

All Japan Joint Liberty Mt. Fuji Hike

Friday, July 13 - Sunday, July 15
\$99

*Registration Deadline: Friday, July 2
Departs: Friday • 12 p.m.
Returns: Sunday • 10 a.m.*

*Includes: Transportation, pre-hike safety brief and inspection of gear, time to hike Mt. Fuji and 1-night accommodations in Atsugi. We will be meeting up with Liberty participants from Misawa, Yokosuka and Atsugi to climb Mt. Fuji. Come represent Sasebo in this historic climb. Friday, July 13 is not a holiday; participants must make proper arrangements with their command to attend this tour. MWR is not responsible for any participant that does not receive the proper approval.
Maximum number of seats: 20*

Game Night: 9-Ball Pool Tournament

Wednesday, July 18
5:30 p.m. • Free

9-Ball showdown here at Liberty, prizes will be awarded to 1st and 2nd place.

"Crime Gone Wrong" Movie Night

Friday, July 20
5:30 p.m. • Free

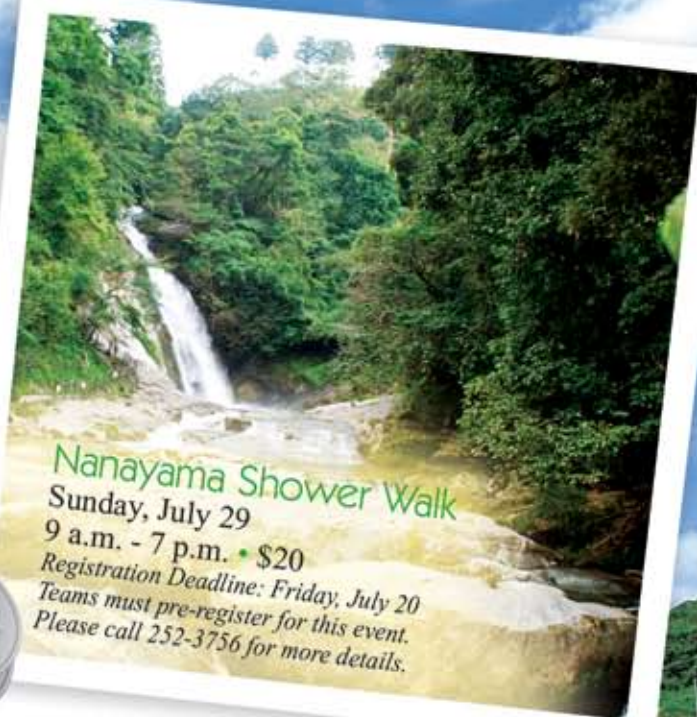
Come enjoy hot popcorn and watch the screenings of Reservoir Dogs and Lock, Stock & 2 Smoking Barrels.

Nanayama Shower Walk

Sunday, July 29

9 a.m. - 7 p.m. • \$20

*Registration Deadline: Friday, July 20
Teams must pre-register for this event.
Please call 252-3756 for more details.*



Iki Island Overnight Tour

Saturday, July 21 - Sunday, July 22
\$90

*Registration Deadline: Friday, July 13
Departs: Saturday • 8 a.m.
Returns: Sunday • 6 p.m.*

Includes: Transportation, ferry boat to the island, overnight accommodations, time on the beach and visit to Monkey Rock. Bring extra Yen for food and souvenirs. Maximum number of seats: 24

Christmas in July Patio Picnic

Wednesday, July 25
7:30 p.m. • Free

Liberty will be hosting a free BBQ picnic on our patio and screening the classic film National Lampoon's Christmas Vacation. Christmas challenges will also take place!

Joint Trip with OAC

Nagasaki City Overlook Night Stroll

Friday, July 27
5 - 10 p.m. • \$15

Price includes transportation and guide. Enjoy an awesome night overlooking the great city of Nagasaki. Bring extra Yen for food souvenirs.

Greenland Amusement Park

Saturday, July 28
8 a.m. - 8 p.m. • \$60

*Registration Deadline: Wednesday, July 25
Includes: Transportation and entrance fees. Bring extra Yen for food and souvenirs. Dress for comfort and weather as you will be outside all day.
Maximum number of seats: 20*



August

Coalition of Sailors Against Destructive Decisions (CSADD) Monthly Meetings

Wednesday, August 1

10 a.m. • Free

This organization participates in local community relations events, discusses hot-button topics affecting today's sailors and much more! For more information on how to join please contact robert.copeland@fe.navy.mil.

Kung Fu Movie Night

Friday, August 3

5:30 p.m. • Free

Come enjoy hot popcorn and Kung Fu classics.



Pro Baseball Game in Fukuoka SoftBank Hawks vs. Seibu Lions

Saturday, August 4

12 - 7 p.m. • \$20

Registration Deadline: Thursday, August 2
Includes: Transportation and tickets; please bring extra Yen for food and souvenirs!
Maximum number of seats: 20

Madden 13 Tournament

Wednesday, August 8

5:30 p.m. • Free

Unleash your skills in the first Madden tournament of the year. Prizes will be awarded to 1st and 2nd place.

Joint Trip with OAC

Hirado Bridge Night Stroll

Friday, August 10

5 - 10 p.m. • \$15

Hike across Hirado Bridge and enjoy an all-you-can-eat/drink seafood buffet. Price includes transportation and guide. Contact OAC at 252-3500 for more details!

Karatsu Beach

Saturday, August 11

9 a.m. - 7 p.m. • \$10

Registration Deadline: Wednesday, August 8
Includes: Transportation. Bring extra Yen for food and souvenirs. Dress for comfort and weather.
Maximum number of seats: 12



Neshiko Beach and Hirado Castle

Saturday, August 18

10 a.m. - 6 p.m. • \$10

Registration Deadline: Friday, August 10

Includes: Transportation and castle entry fees. We will also visit the most famous beach in Hirado - Neshiko! Bring a towel, bathing suit, sunscreen and plenty of extra Yen for food and souvenirs. Maximum seats: 12



Obon Festival

Wednesday, August 15

7 - 10 p.m. • Free

On the last day of Obon, two traditions are held to bid farewell to departed souls. Sasebo River will be holding the Toro nagashi - where the souls of the departed are sent off by floating lanterns. On the street, headed towards Nakiri Park, Shoro nagashi, a walking procession of spirit boats will be held. This will be a walking tour that will be departing from the USO in Nimitz Park. Please bring Yen for food and souvenirs.

Liberty's Fantasy Football League Meeting

Wednesday, August 15

6 p.m. • Free

Join Liberty's Fantasy Football League this season! We will set the league draft date, vote on point systems and determine command breakdowns during this brief. 1st and 2nd place finishers will receive a 500 GB hard drive!

Dan Akroyd Movie Night

Friday, August 17

5:30 p.m. • Free

Come enjoy hot popcorn and watch the classic films Trading Places and Ghostbusters.

Wii Wednesday:

Mario Kart Showdown

Wednesday, August 22

5:30 p.m. • Free

August Manager's Special!

Hiroshima, Miyajima and Pro Baseball Game Overnight Trip

Saturday, August 25 - Sunday, August 26
\$150

Registration Deadline: Friday, August 17

Departs: Saturday • 8 a.m.

Returns: Sunday • 6 p.m.

Includes: Transportation, entrance fees to A-Bomb museum, Miyajima and Hiroshima Carp pro baseball game. Experience the wonderful city of Hiroshima in one weekend!
Maximum number of seats: 20

Penalty Box Radio Show

Tune into 1575AM Thunder Radio every Tuesday from 10 - 11 a.m. for the latest MWR happenings around CFAS. Listeners will also receive a full dose of sports radio from Kyushu's number one sports show host Matthew Olszyk, MWR Liberty Program Manager.

Ping Pong Showdown

Wednesday, August 29

5:30 p.m. • Free

Double elimination tournament, prizes will be awarded to 1st and 2nd place.

Undercover Cops Movie Night

Friday, August 31

5:30 p.m. • Free

Come enjoy hot popcorn and watch The Departed and Donnie Brasco.



July

Labor Day Weekend!

Universal Studios and Kyoto City Overnight Trip

Saturday, September 1 -
Monday, September 3
\$225

Departs: Saturday • 11 p.m.
Returns: Monday • 11 p.m.

Experience Universal Studios Osaka and Kyoto on Labor Day weekend! For more details please contact the Liberty Center at 252-3756.

Aquatics, Winter Sports & Runs

FITNESS

Fleet Fitness Complex

Aquatics

At the Fleet Fitness Complex Indoor Pool.
Sign-up at the Welcome Counter.
For more information, call 252-2927
or 252-6895.

Swim Lessons

Group: There is a maximum of eight (8) students per class. Six (6) 50-minute sessions.

Private: One-on-One instructions; any level accepted.

Appointments and payments accepted from 8:30 a.m. - 6:30 p.m. at the Fleet Fitness Complex Indoor Pool Office.

Governed by American Red Cross guidelines.

Group Swimming Lessons

Tuesdays & Thursdays

July Session

Tuesday, July 10 - Thursday, July 26

Registration Dates:

Monday, July 2 - Friday, July 6

August Session

Tuesday, August 14 - Thursday, August 30

Registration Dates:

Monday, August 6 - Friday, August 10

\$40 includes (6) 50-minute group sessions
Must be 3 years of age or older and potty trained.

Level 1 & 2: 9 - 9:50 p.m.

Level 3 & 4: 10 - 10:50 p.m.

Level 5 & 6: 6 - 6:50 p.m.

Private Swim Lessons:

Mondays & Wednesdays

Providing personalized instructions to any level. Private swim lessons are 30 minutes each session.

\$10 - 1 Instructor / 1 Person

\$15 - 1 Instructor / 2 People

\$17.50 - 1 Instructor / 3 People

\$20 - 1 Instructor / 4 People



MWR & USO Present Summer Splash Pool Party

Saturday, July 21

12 - 2 p.m. • Free • Main Base Outdoor Pool

Open to all SOFA Sponsored.

Everything will be Perfect!
Pizza, Prizes, Pinata and more!



Family Fun Night

Friday, July 13

5 - 7 p.m. • Free

Main Base Outdoor Pool

Open to all ages.

Water toys and noodles provided.

Triathlon Water Skills

Mondays, July 16 & August 13

5 - 7 p.m. • Free

Open to ages 18 and older.

Improve your swimming performance/technique/speed and agility.

This class is specifically designed for triathlon training. No registration necessary.

Splash & Dash

Saturday, August 11

9 a.m. • Free

Main Base Outdoor Pool

Open to all ages.

Youth distances range from 50m-200m swim and 1km-3k running for youth age groups.

Adults 500m swim and 5km run.

Runs

Race Around CFAS

Fridays, July 20 & August 17

7:15 a.m. • Free • FFC

No Registration Necessary!

2nd Annual Stroller Coaster 5k Walk/Run

Friday, August 31

9 a.m. • Free • Nimitz Park

Open to everyone.

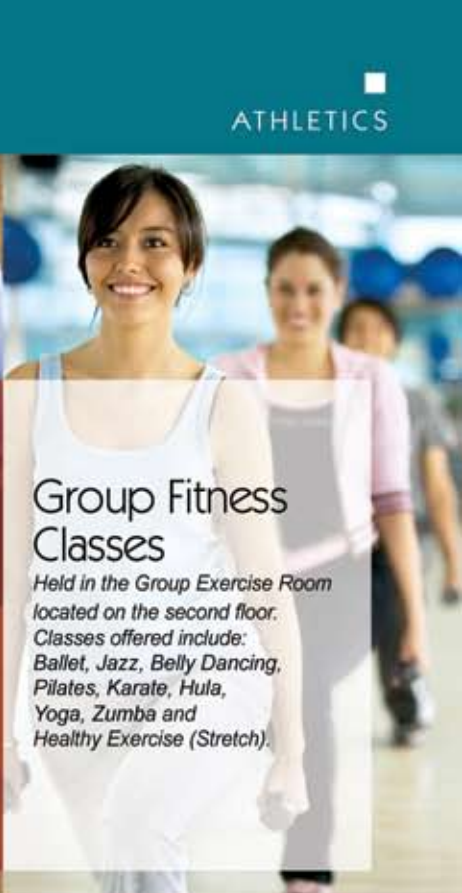
(Individuals also welcome)

Registration Deadline:

Wednesday, August 29

Bring your little one and enjoy this walk/run around Nimitz Park and Sasebo Park. For more information, call Miisha Vinson at 252-3588.





Softball Tournaments

Independence Tournament

Saturday, July 7 & Sunday, July 8

All day tournament • Free

Nimitz Park Fields #1 & #2

Open to all Intramural & Women's Teams

Registration Deadline: Sunday, July 1

Sasebo City Seaside Festival Tournament

Saturday, August 4 & Sunday, August 5

All day tournament • \$150 Team Registration Fee (IM Teams are Free)

Nimitz Park Fields #1 & #2

Open to ages 18 and up.

Registration Deadline: Wednesday, August 1

Group Fitness Classes

Held in the Group Exercise Room located on the second floor.

Classes offered include: Ballet, Jazz, Belly Dancing, Pilates, Karate, Hula, Yoga, Zumba and Healthy Exercise (Stretch).

Fitness

Register at the FFC Welcome Counter. For more information, call Charmaine Pardue at 252-3588.

Fitness Orientation Seminars

(First Tuesday of each month and third Saturday of each month) • Free
Tuesdays, July 3 & August 7 • 4:30 p.m.
Saturdays, July 21 & August 25 • 12 p.m.
Orientation will be offered for adults and youth over the age of 10. It includes a facility tour and overview of rules, regulations, equipment use and safety techniques. Limited to the first 8 sign-ups.

Circuit Workshop

Wednesday, July 11
Registration Deadline: Monday, July 9
Wednesday, August 8
Registration Deadline: Monday, August 6
10:30 - 11:30 a.m. • Free
Strength Conditioning Room
Learn how to properly use the circuit strength training machines. Then participate in a 30 minute full body circuit workout. Limited to first 6 sign-ups.

Arm Wrestling Competition

Thursday, August 9
5 p.m. • Free • Fleet Fitness Complex

Family Fun Night Kickball

Friday, August 15
5 - 7 p.m. • Free • Fleet Fitness Complex
Open to all ages.
Come enjoy a night of family kickball.

Navy Operational Fitness and Fueling Series (NOFFS)

Fridays, July 27 & August 31

8 a.m. - 1 p.m. • Free • Fleet Fitness Complex,
10 maximum per class, Active duty military have priority. For more information, call 252-2927.

Sports

Register at the Fleet Fitness Complex Welcome Counter. For more information on Captain's Cup events, contact Dan Bellwood at 252-6891/3588.

Captain's Cup Family Events

Captain's Cup families will win participation points for their Command. Registration is required for participation; registration is available at the FFC Welcome Counter.

Home Run Derby

Friday, July 13
6 p.m. • Free • Nimitz Park, Field #2
Open to all ages.
Registration Deadline: Wednesday, July 11
2-person teams (batter & pitcher)
Participant will attempt to make as many home runs as possible with 10 swings.

5 vs. 5 "In Your Face" Dodgeball

Thursday, July 26
6 p.m. • Free
FFC, Court #1
Open to ages 14 and older.
Registration Deadline: Tuesday, July 24
5-person teams
National Amateur Dodgeball Association (NADA) rules apply.

3-Point Shoot Out

Tuesday, August 14
6 p.m. • Free
FFC, Court #2
Open to ages 14 and older.
Registration Deadline:
Monday, August 13
Participants will be attempting 21 shots from various locations along the 3-Point Line.

Summer Intramural Sports

IM Softball (Mondays & Fridays)
IM Flag Football (Tuesdays & Thursdays)
Current season runs March - October and will finish with an end of season tournament. Registration open throughout season
4 team minimum in order to run a league

Attention Intramural teams:

There is a \$200 forfeit fee for all teams. The money is refundable if the team disbands without forfeiting a game.



Massage

Price Ranges \$20 - \$80
By Appointment Only:
Junko Miyazaki:
090-5942-8390
\$5 consultation fee for first time clients.



HARIO

Fitness Center

Hario Group Exercise Classes

For more information, call 252-8960.

All classes will be held in the
Hario Fitness Center Aerobics Room.

No classes will be held on federal holidays
and no school days.

Spinning Class

Instructor: Julie Weidner

Tuesdays & Thursdays

8:30 - 9:30 a.m. • Free

Minimum of 3 participants required. No
pre-registration required. Last class on Thursday,
June 14. Classes resume on Tuesday, August 28.

Cardio Combat

Instructor: Marilyn Roque

Tuesdays & Thursdays

6 - 7 p.m. • \$35 per person/per month
Register before the first class of the month.
Minimum of 5 participants required.

Belly Dancing

Instructor: Jennifer Dawson

Wednesdays • 4:15 - 5:30 p.m.

\$25 per month

Register before the first class of the month.
Minimum of 3 participants required.

Shorinji Kempo Karate

Instructor: Masayuki Kinoshita

Saturdays

9 - 10 a.m. • Ages 7 - 15

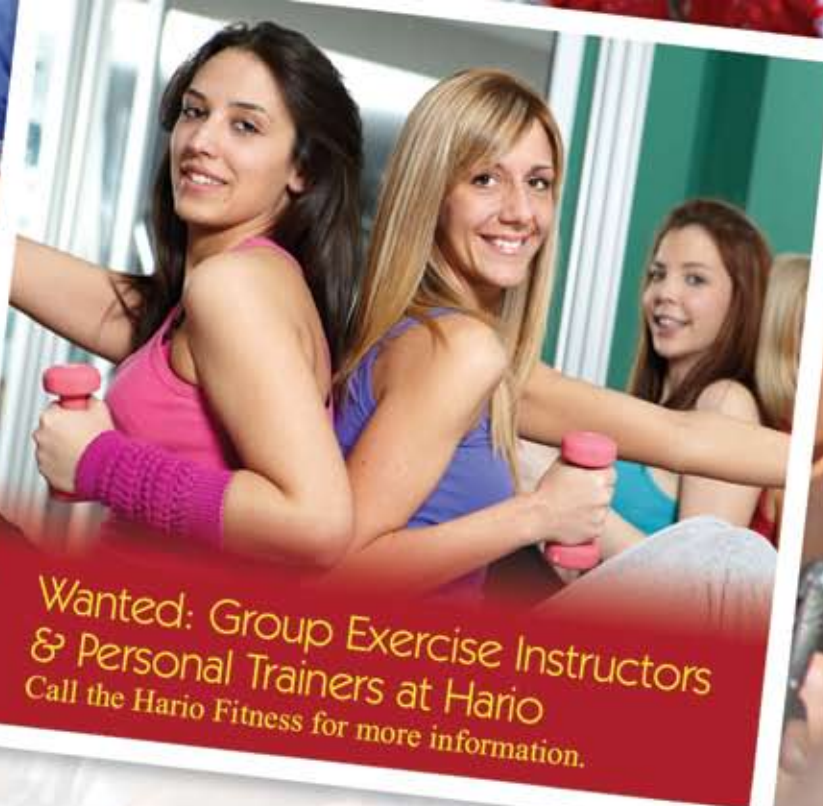
Cost \$30 per person/per month

10 - 11 a.m. • Ages 16 & older

Cost \$35 per person/per month

New students: See instructor for initial
registration fee (\$3,000 paid directly to instructor)
and information on uniform requirements.

Classes are only held the first four Saturdays
of each month.



**Wanted: Group Exercise Instructors
& Personal Trainers at Hario**
Call the Hario Fitness for more information.

Summer Swim Team (ages 7 - 18)

Coach: Julie Weidner

Tuesdays & Thursdays, Now - August 23

6 - 7 p.m. • Free

Hario Outdoor Pool

Join the Hario Swim Team as we work on your skills and take on the
Main Base Swim team for fun meets throughout the season.
Parents are required to attend meets to assist in supervision of
children and set-up/breakdown of equipment.

Fitness Orientation

Tuesdays • 6 p.m. or by appointment.

This will provide orientation of the fitness facilities and programs to
include rules, safety guidelines, proper use of equipment and
instructional fitness assessment opportunities. Includes an optional
fitness screening (PAR-Q) and BMI report.

For more information call 252-8960.

100-Mile Walk

Now - Friday, August 31

This program is challenging yet achievable. Pick up your packets
anytime at Fleet Fitness Complex or Hario Fitness Center.

Each participant that successfully completes this program will
receive an entry for a chance to win the Grand Prize.

Relax with...

Massage Therapy

Junko Miyazaki • 090-5942-8390

Homeo-Stretch, Swedish, Aromatherapy and Reflexology.

Aya Iwamoto • 090-1875-8310

Hario Fitness Center Only

Balinese, Reflexology, Shiatsu, Arm, Hand, Head and Body
massages. For more information or to schedule an appointment
please contact the Massage Therapist directly. Contact massage
therapist for new prices.





Youth Sports Soccer

(Ages 5 - 18 enrolled in Kindergarten to 12th grade)
\$40 per child with PAYS (includes jersey top, shorts, socks and end of season award)

Season: Monday, August 20- Saturday, October 13

Registration Deadline: Sunday, August 12

Players will need to purchase cleats and shin guards. After Sunday, August 12 registration is open on space available basis, first come first serve with an additional \$25 late fee. Contact Youth Sports at 252-8963 or e-mail anthony.lawson@fe.navy.mil

Start Smart Soccer (Ages 3 - 5)

\$15 per child

Season: Saturdays, September 8 - October 13.

Registration Deadline: Sunday, August 12

Parent/Child program skills development program. Schedule will be posted on www.eteamz.com/mwrsasebo with the Youth Sports Soccer Schedule.



Friday Trips with Outdoor Adventure Center

Register at the Fleet Fitness Complex or Hario Fitness Centers. If the camp does not meet the minimum required participants by deadline, parents will be refunded the cost of camp. For more information contact Youth Sports at 252-8963.

Bass Fishing (Ages 10 - 18)

Friday, July 20

10 a.m. - 3 p.m. • \$25 per child

Registration Deadline: Wednesday, July 11

Trip includes guide, transportation, rod/reel, bait, and initial fishing rigs. Minimum 4 / Maximum 8 participants.

Beach Day Clean up (Ages 10 - 18)

Friday, August 3

9 a.m. - 3 p.m. • \$10 per child

(Includes trash bags, and gloves)

Registration Deadline: Wednesday, July 25

After we clean up the beach we will have time to enjoy the water and sun. Bring bathing suite, towel, water shoes, sunscreen and change of clothes. Don't forget to bring a sack, lunch, snack and water.

Minimum 8 / Maximum 16 participants.

Overnight Camping Trip (Ages 10 - 18)

Monday, August 13 - Wednesday, August 15

Camp Prep Day

Monday, August 13 • 1 - 3 p.m.

\$40 per person (includes food, sleeping bag, tent and transportation).

Registration Deadline: Monday, August 6

Departs Tuesday, August 14 at 1 p.m.

Returns Wednesday, August 15 at 1 p.m.

Be prepared to sleep outside and cook over a fire. Bring change of clothes, bathing suit, close-toed shoes, water shoes, towel, and sunscreen.

Minimum 8 / Maximum 16 participants. OAC waiver required.

Paintball (Ages 13 - 18)

Friday, August 17

9 a.m. - 1 p.m. • \$30 per child

(includes safety gear and paintballs).

Registration Deadline: Wednesday, August 8

Minimum 8 / Maximum 16 participants. OAC waiver required.



PLAY

Youth Sports Summer Activities

Summer Camps

Register at the Fleet Fitness Complex or Hario Fitness Centers. If the camp does not meet the minimum required participants by deadline, parents will be refunded the cost of camp.

For more information contact Youth Sports at 252-8963.

Jr. Lifeguards (Ages 11 - 15)

Monday, July 9 - Thursday, July 12

8 - 11 a.m. • \$40 per child

Main Base Outdoor Pool

Registration Deadline: Monday, July 2

Minimum 4 / Maximum 10 participants.

Volleyball (Ages 10 - 18)

Monday, July 16 - Thursday, July 19

4 - 7 p.m. • \$20 per child

Fleet Fitness Complex Gym Court #3

Registration Deadline: Monday, July 9

Minimum 6 / Maximum 12 participants.

Floor Hockey (Ages 10 - 18) Instructor: Matt Olszyk

Monday, July 30 - Thursday, August 2

1 - 4 p.m. • Cost: \$20 per child

FFC Gym Court #3

Registration Deadline: Monday, July 16

Minimum 10 / Maximum 20 participants.

Start Smart (Ages 3 - 5) Instructor: Tony Lawson

Monday, July 30 - Thursday, August 2

Hario Gym: 9 - 10 a.m.

FFC Gym Court #3: 4 - 5 p.m.

\$15 per child/per location

Registration Deadline: Monday, July 23

Parent/Child program skills development program.

Each day will focus on a different sport each day.

Soccer, flag-football, basketball and baseball.

Minimum 10 / Maximum 20 participants per location



Football Instructor: Tony Lawson

Monday, August 6 - Wednesday, August 9

Ages 5 - 10: 8:30 - 11:30 a.m. • Ages 11 - 18: 12 - 3 p.m.

\$20 per child • Hario Ball Field

Registration Deadline: Monday, July 30

Child must have been enrolled in Kindergarten to 12th grade in the 2011-2012 school year.

Minimum 10 / Maximum 20 participants.

Softball Instructor: Shawn Hanson

Monday, August 20 - Thursday, August 23

9 - 12 p.m. • \$20 per child

Hario Ball Field

Registration Deadline: Monday, August 13

Minimum 10 / Maximum 20 participants.



BOYS & GIRLS CLUBS
Member Affiliate Organization



KIDS

Child & Youth Programs (Ages 10 - 18)

Summer Camp Programs

Register for all camps at the Hario Youth Center 252-8763, and Main Base Youth Center 252-2989, open Monday - Friday from 6 a.m. - 6 p.m. Registration is on a first come first serve basis until full. If the camp does not meet the minimum required participants, parents will be notified by Wednesday, following the registration deadline and refunded the cost of the camp.

Sewing Camp

Monday, July 30 - Thursday, August 2
12 - 2 p.m. • \$35

Main Base Teen Center

Registration Deadline: Monday, July 23

Minimum 8 participants

Participants in sewing camp will learn basic sewing skills. We will learn how to sew a button hole, patch and a few basic stitches. We will work on a sewing project that the teens can take home. A snack will be served.

Cupcake Wars

Monday, August 20 - Thursday, August 23
11 a.m. - 1 p.m. • \$35

Main Base Teen Center

Registration Deadline: Monday, August 13

Minimum 8 participants

Join us for an exciting week of baking! Participants will learn kitchen safety, how to follow a recipe and how to bake and decorate cupcakes. We will end our week with a cupcake contest. Cupcakes will be judged on taste and presentation. Please join us for the fun!



Give Parents A Break

This program is for the families with a child between the ages of 6 weeks and 12 years old. If you need a few hours to yourself or with a group of friends, sign your child up in our program. Have the reassurance that your child will be taken care of while you go out and enjoy your time with your spouse, friends or some time to yourself. You deserve it - Enjoy it.

****The cost will be \$5 an hour for each child. A \$10 non refundable deposit per child will be made at time of registration; this will go toward the first 2 hours of care. Location will be at the Main Base CDC.****

Saturday, July 14 • 12 - 5 p.m.

Registration Deadline: Wednesday, July 11 • 6 p.m.

Saturday, August 11 • 5 - 10 p.m.

Registration Deadline: Wednesday, August 8 • 6 p.m.



Youth Summer Camp

Now through Friday, August 24
Monday - Friday • 8:30 am - 4:30 pm
Cost is based on Total Family Income

Registration on-going

Looking for a fun-filled way for your child to make lasting friendships this summer? The Navy MWR and Camp Adventure will provide something for everyone. Weekly themes are incorporated in the program to keep children active and you can choose the weeks of your choice. Before and after care are available at both Main Base and Hario Youth Centers.

Field Trips

Nonnoco Indoor Water Pool

Saturday, July 14

9 a.m. - 6 p.m. • \$23

Registration Deadline Friday, July 6

Departs: Main Base 9 a.m. • Hario 9:30 a.m.

Returns: Hario 5:30 p.m. • Main Base 6 p.m.

Minimum 10 participants/Maximum 16

Come cool off with your friends in Nonnoco Indoor Pool. Don't forget your water shoes, towel, swim cap and a change of clothing. Bring Yen for food and souvenirs.

Isahaya Yu-Yu Land

Saturday, July 28

8 a.m. - 6 p.m. • \$30

Registration Deadline Friday, July 20

Departs: Main Base 8 a.m. • Hario 8:30 a.m.

Returns: Hario 5:30 p.m. • Main Base 6 p.m.

Minimum 10 participants/Maximum 16

Come out and join us on a day full of fun. We will also visit the aquarium while there. Bring plenty of Yen for food and souvenirs. Please dress for comfort.

Kijima Amusement Park

Saturday, August 11

8 a.m. - 8 p.m. • \$66.50 Teens/ \$54 Pre-teens

Registration Deadline Friday, August 3

Departs: Main Base 8 a.m. • Hario 8:30 a.m.

Returns: Hario 7:30 p.m. • Main Base 8 p.m.

Minimum 10 participants/Maximum 16

Teens should dress for lots of walking. Please bring enough Yen for food and souvenirs. Ensure you pack lightly and leave all valuables at home.

Iwakuni Summer Shopping Trip

Saturday, August 18

7 a.m. - 8 p.m. • \$25

Registration Deadline: Friday, August 10

Departs: Main Base 7 a.m. • Hario 7:30 a.m.

Returns: Hario 7:30 p.m. • Main Base 8 p.m.

Minimum 10 participants/Maximum 16

Time for some last minute back to school shopping. Come out with your friends for a day of shopping in Iwakuni. Please dress for comfort. Remember to bring plenty money and Yen for shopping and food.



Main Base

Pre-Teen & Teens meet at the Main Base Teen Center.
All programs are free.

Power Hour

Monday - Friday
3 - 4 p.m. • Free

No Registration Deadline

Every day at any of the Teen Centers near you, if you do your homework you can earn points for power hour. On Wednesdays you can gain double the points. Earn exciting gifts or passes for working hard in school. We will continue with Power Hour over the summer and reward kids who participate in school work refreshers and reading.

4-H International Cooking Club

Thursday, July 12 & Tuesday, August 7

4 - 6 p.m. • Free

No Registration Deadline

This new club is dedicated to expanding the horizons of teens by cooking foods from around the world. It will cover healthy eating habits and proper food portions while introducing youth to international cuisines. A minimum of 5 participants required.



Birthday Bash & Bingo

Tuesday, July 31 & Friday, August 31

4 - 6 p.m. • Free

No Registration Deadline

Join us in celebrating birthdays for the month of July and August! We will enjoy a birthday sweet, play Bingo and socialize with friends. Is your birthday coming up? Celebrate with us!

Bowling

Mondays, July 9 & August 13

3 - 6 p.m. • \$4

No Registration Deadline

Join us at the bowling center for a fun afternoon out of the summer heat! We will walk to and from the bowling center together, or meet us there at 3:30 p.m.. Please bring extra money if you want to order food.



Game Night

Friday, July 27

6 - 8 p.m. • Free

Registration Deadline: Wednesday, July 25

Parents, please join us for a fun night playing board games with the teen center kids. Snacks will be served. Hope to see you there!

Movie & Snack Night

Fridays, July 20 & August 17

5 - 8 p.m. • Free

No Registration Deadline

Come sit, relax and watch a movie with your friends at the Teen Center. Snacks will be provided.



Hario

Pre-Teen & Teens meet at the Hario Teen Center.

S.M.A.R.T. Girls

Wednesdays, July 11 & August 1

4 - 5 p.m. • Free

Skills, Mastery and Resistance Training. This club is designed to promote self-esteem, empowerment, and education. S.M.A.R.T. Girls build a legacy of caring for tomorrow while becoming leaders. Come out and join us and enjoy the wonderful activities we have planned.



Movie Night & Pizza

Friday, July 20

4 - 7 p.m. • Free

Registration Deadline: Friday, July 13

What better way to spend a Friday night than watching a movie and socializing with your friends. Join us as we watch a great movie and enjoy some delicious goodies. A minimum of 5 participants required.



Healthy Habit/4H Agricultural Food Cooking Club

Thursdays, July 12 & August 9

4 - 5:30 p.m. • Free

Registration Deadline: Thursdays, July 5 & August 2

This club is a program intended to help you learn more about healthy living. Come out and learn basic information from calorie counting to making healthy snacks. Be prepared to enjoy yourself and have a few good tips to share at home. A minimum of 5 participants required.

Birthday Bash

Tuesday, July 31 & Friday, August 31

4 - 6 p.m. • Free

No Registration Deadline

Have you celebrated your birthday this month? Well come and celebrate it again with your friends here at the center. We will be baking your cake here at the center and you can decorate it any way you like. Come out and enjoy a fun atmosphere as you socialize with your friends.



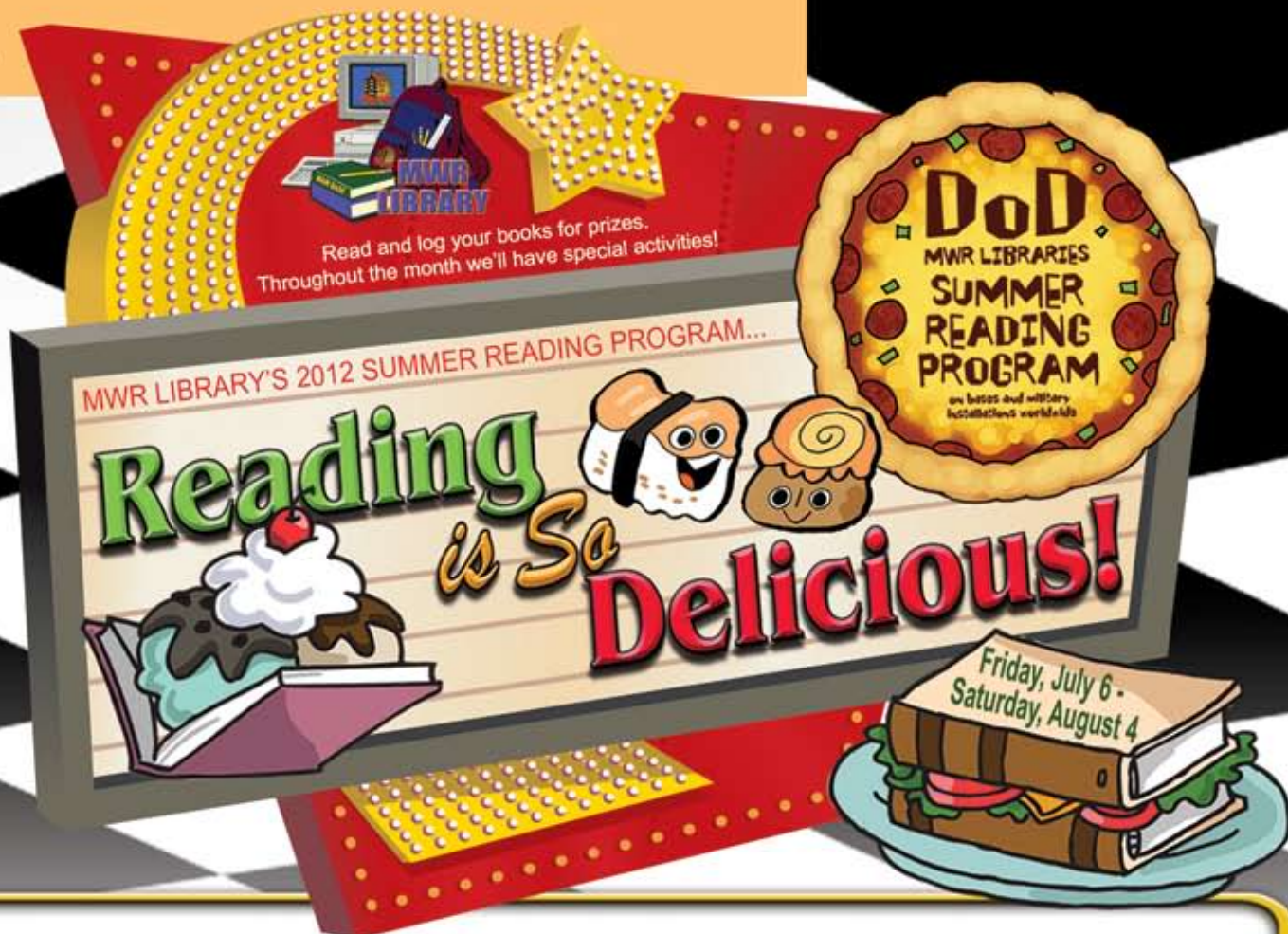
Movie Night & Popcorn

Friday, August 17

4 - 7 p.m. • Free

Registration Deadline: Friday, August 10

What better way to spend a Friday night than watching a movie and socializing with your friends. Join us as we watch a great movie and enjoy some delicious goodies. A minimum of 5 participants required.



Kick-off Party & Registration

Friday, July 6
1 - 2 p.m. • Free
Harbor View Club, Sakata Ballroom
Registration Deadline: Friday, June 29



Candyland Games

Wednesday, July 11, 18 & 25
1 p.m. • Free • MWR Library
Open to ages 7 - 13.
Registration Deadline: Monday before each session.



Alphabet Soup Storytime

Fridays, July 13, 20 & 27
1 p.m. • Free • MWR Library
Open to ages 5 & under.
Registration Deadline: Monday before each session.

Reading Jamboree for Mommy and Me

Open to ages 18 months - 4 years old.
Mommies can bring their young ones as we read books, sing songs and do a craft.
Registration deadline is the Monday prior to each event and is open to the first 10 sign-ups.

"Reading is So Delicious"

Monday, July 30
9 - 9:30 a.m. • Free
MWR Library
See how yummy books can be!



Pizza Party at Brodie's

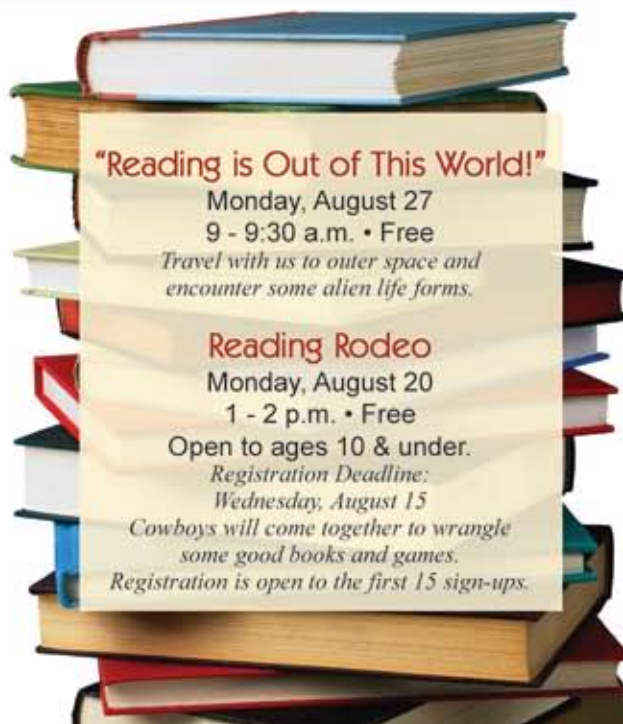
Saturday, August 4
1 p.m. • \$10 per child
Open to ages 2 - 12
Brodie's 2nd Floor
Register at the Library by Monday, July 30
Limited to the first 20 sign-ups.



Summer Origami Classes

Mondays,
July 2 - August 13
10 - 11 a.m. • Free
Open to all ages.

Registration Deadline:
Friday before each class.
Join Eriko Kawahara, from the
Fleet & Family Support Center
and learn the art of paper folding.
Registration is open to
the first 20 sign-ups.



"Reading is Out of This World!"

Monday, August 27
9 - 9:30 a.m. • Free
Travel with us to outer space and
encounter some alien life forms.

Reading Rodeo

Monday, August 20
1 - 2 p.m. • Free
Open to ages 10 & under.
Registration Deadline:
Wednesday, August 15
Cowboys will come together to wrangle
some good books and games.
Registration is open to the first 15 sign-ups.



PAWS & CLAWS ■

Hours of Operation:

Monday - Friday: 11 a.m. - 4 p.m.

Saturday & Sunday: 11 a.m. - 2 p.m.

Closed on Federal Holidays

Doggy Day Care: This is perfect for someone who needs a dog sitter while at work or a few hours of day care while running errands. The friendly staff will take good care of your dog or cat. We operate on a space available, first-come first-served basis.

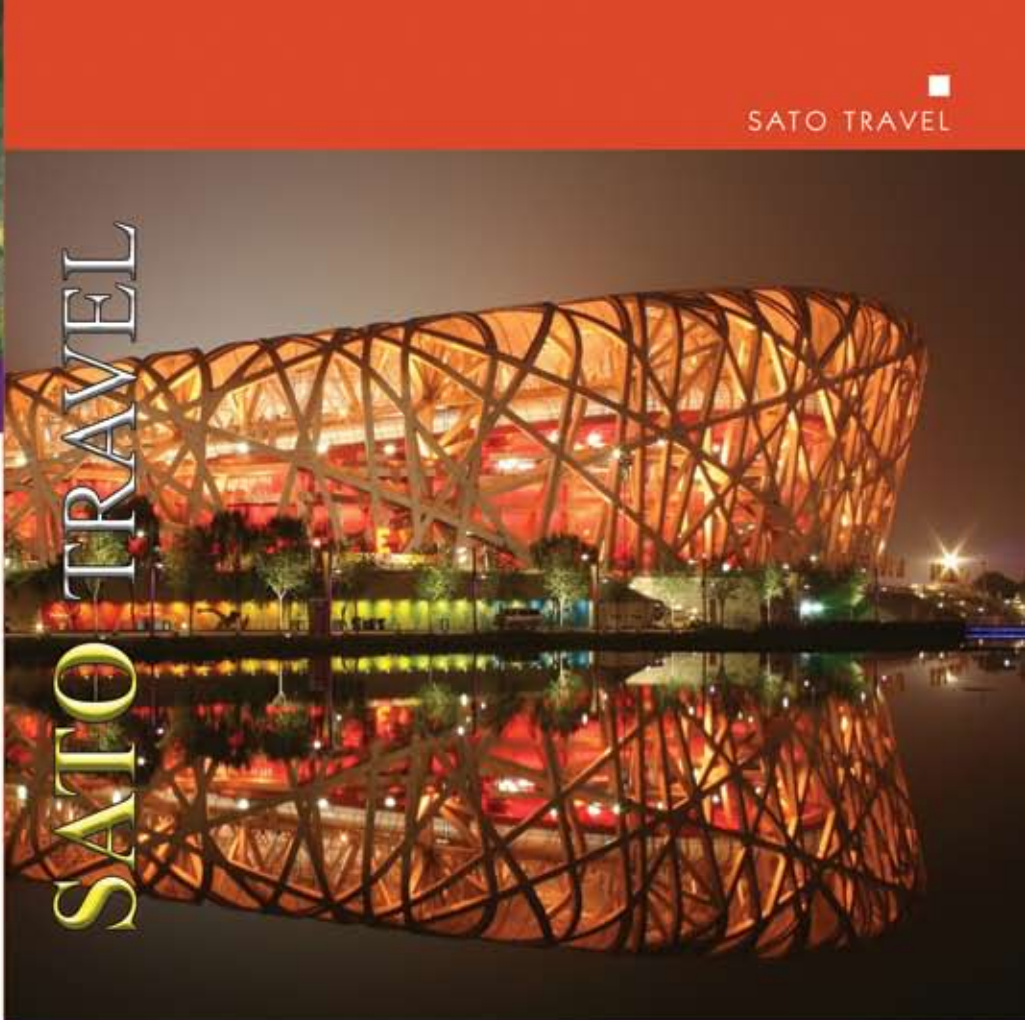
Self-Service Care: Self-service care is when only the space is rented and the owner must come in to care for their pets. The owner is responsible for feeding and cleaning the boarding area. Owners that need to use the kennel, but are still in the area can take advantage of this service.

Kennel Care: If you are going back to the States for a vacation and you need a place for your dog or cat, look no further. Paws & Claws will take care of your pet daily. Bring in your pet and food, and we will do the rest. Paws & Claws must accommodate customers in the following order:
 Category 1: Customers PCSing to Sasebo.
 Category 2: Customers PCSing from Sasebo.
 Category 3: Customers on vacation outside the Sasebo area.
 Category 4: Customers on vacation in the Sasebo area.
 Category 5: Doggie Day Care Service.

EMPLOYMENT OPPORTUNITIES ■

Apply for a Rewarding Position Today

CFAS' Morale, Welfare and Recreation Departments, prides itself on its stellar star service, engaging programs and dynamic teamwork. Join our team today. Inquire about any position by calling 252-3328 or stop by the MWR NAF Personnel Office located on the second floor of Building 91 (above the Spare Time Recreation Center).



Labor Day Weekend Tour!

Beijing (4-Day Tour)

Saturday, September 1 - Tuesday, September 4

Adult: \$1,850 • Child: \$1,800 • Single: \$2,130

Round-Trip Airfare Specials

Manila • starting from ¥56,000

Bangkok • starting from ¥55,000

Hong Kong • starting from ¥52,500

Singapore • starting from ¥55,000

Busan • starting from ¥23,500

Specials

Korea LCC T-Way Airlines

Starting from ¥21,000 (including tax)

Hydrofoil & Hotel Package Busan

2-Days starting from \$210

3-Days starting from \$260

Based on double occupancy

Upcoming Tour Schedule

Jul. 4 - 6 • Taipei

Aug. 22 - 24 • Taipei

Sep. 11 - 15 • Ho Chi Minh & Phan Tiet

Oct. 13 - 20 • Phuket & Phi Phi Island

Oct. 16 - 20 • Cambodia & Angkor Watt

A Full Service Travel Company

DSN: 252-3432/3488

Fax: 0956-24-6591

Main Base Bldg. 154

Hours of Operation:

Monday - Friday
9 a.m. - 5 p.m.

Saturday, Sunday
& Holidays: Closed

- Personal checks accepted 45 days prior to departure.
- Credit cards accepted.
- Last-minute bookings OK.
- Taxes included in these prices.
- Subject to availability.
- Prices vary depending on departure date.
- Cash payments accepted only in US currency.





July Birthstones
Ruby
July Flowers
Liatris
August Birthstone
Peridot
August Flowers
Gladiolas

UPCOMING SALE

Dollar Days
Wednesday, July 11 -
Tuesday, July 17

NEX Depot Sale
Wednesday, July 11 -
Tuesday, July 24

August Price Cut
Wednesday, August 1 -
Tuesday, August 7

Navy Pride
Wednesday, August 8 -
Tuesday, August 14

Back To School
Wednesday, August 15 -
Tuesday, August 21

Labor Day
Wednesday, August 29 -
Tuesday, September 4

Home Gallery
Wednesday, August 29 -
Tuesday, September 11



NEX Temporary Gas Station

NEX Autoport Gas Station will be under renovation for replacing fuel dispenser system from Monday, July 2. Gas will be available at the Public Works Gas Station located next to the Fire Station with pricing set at government cost rates which may be higher than the Navy Exchange price. We expect to complete renovation on Thursday, August 30. We will continue to operate our Hario Gas Station at Exchange prices. Please pardon any inconveniences during the renovation. Thank you for your understanding and cooperation.

Visit Expanded NEX Garden Shop Located at Building 130

The renovation for our Garden Shop has been completed. Grills, BBQ accessories, Lawn & Garden supplies and coolers have moved from the Autoport Mini-Mart to the Garden Shop. Open 7 days a week 9 a.m. - 6 p.m., for more information call 252-2496.

Be ready for "Back to School"

The all listed items of school supplies for Sasebo schools are available at NEX Main Store and Hario Home Store. Also, school fashions are arriving daily, be sure to shop early for the best selection.

Come Work For Us!

The NEX has transitioned to an online job application process (Taleo) www.navyexchange.jobs. Search for jobs, apply online or just create a profile for future job openings.



USO

Special Programs for Single and Unaccompanied Service members:

T.G.I.F. Bowling at the
Spare Time Recreation Center
Friday, July 27 • 7 p.m. • Free
*Running low on cash? In between
paydays? No worries, the Spare Time
Recreation Center and USO have you
covered. Bowling, food (while supplies
last) and friendly competitions.
Prizes to the winners.*

Sweet Treat Mondays
July 30 & August 27
All day • Free at Fleet Landing
*Come in and get a delicious sweet treat
courtesy of Chapel Next.*

T.G.I.F. Cookout Party
at the Outdoor Adventure Center
Friday, August 24
5 - 8:30 p.m. • Free
*All Hands, enjoy free food / drinks,
games, music, rock wall and prizes.*

New Movie Night
Every Saturday • 6 p.m. • Free
Fleet Landing

Operation Donut Drop Fridays
*Nominate someone in your command to
receive a dozen free donuts!*

Community Events:

Harbor Fest
Wednesday, July 4
3:30 - 8:45 p.m. • Main Base

Sundae Sunday
Sunday, July 8
12 p.m. (Until Gone) • Free
*Stop by and enjoy a delicious ice cream
sundae with all the toppings.*

Summer Splash Pool Party
Saturday, July 21
12 - 2 p.m. • Main Base Outdoor Pool
*Open to all SOFA sponsored personnel.
pool games, food and more.*

Seaside Festival
Saturday, August 4 & Sunday, August 5
2 - 8:30 p.m. • Open Main Base Event

MWR's Back-to-School
Over the Hedge Block Party
Saturday, August 25
3 - 6 p.m. • Free • Hario Fitness Center
*Open to all SOFA sponsored personnel
Flea Market, Scavenger hunt, Farmer's
Market, Bicycle Rodeo, Bike Registration
and Inspection, Information fair, food
vendors, free movie "Over the Hedge" at the
Hario Village Theater, prizes & more.*



For more information, call 252-3873.



Hours of Operation: Monday - Friday
Main Base: 7:30 a.m. - 4:30 p.m.
Hario: 8 a.m. - 4 p.m.

The Fleet and Family Support Center classes are free and open to all Sofa Sponsored personnel including retirees and family members. Please call 252-3604 to sign up for these exciting classes!

RELIGIOUS SERVICES

Community & Education Center at Main Base

Roman Catholic

Sacrament of Reconciliation

Sundays • 8 - 8:45 a.m.

Sunday Mass • 9 a.m.

Weekday Mass

Tuesday, Thursday, Friday • 10 a.m.

Protestant Worship "Chapel Next"

Sundays • 11 a.m.

(CEC Auditorium)

Children's Church concurrent with Worship

Sunday School • 9:45 - 10:45 a.m.

Church of Christ (Lay Lead)

Sundays • 10:30 a.m.

(CEC 2nd Deck Classroom C)

Seventh Day Adventist (Lay Lead)

Saturdays • 10 a.m.

(CEC 2nd Deck Small Chapel)

Nichiren Daishinon Buddhism (Lay Lead)

Saturdays • 1 p.m.

(CEC 2nd Deck Classroom)

Hario Chapel

Roman Catholic

Sacrament of Reconciliation

Saturdays • 4 - 4:45 p.m.

Sunday Vigil Mass

Saturdays • 5 p.m.

Weekday Mass

Monday • 10 a.m.

Protestant Worship

Sundays • 9 a.m.

Sunday School concurrent with Worship

New Life Christian Community (Lay Lead)

Sunday School • 10:30 a.m.

Worship Sunday • 12 p.m.

2012 CFAS Chapel Community's Vacation Bible School

Monday, August 20 - Friday, August 24

4:30 - 7:30 p.m. • Hario Chapel.

For more information, call 252-3380.



Deployment Readiness

Deployment Support Program Coordinator - Phillip Hinnant 252-3105

Ombudsmen Liaison and Support - Yasmeen Sabir 252-3109

AOB/ICR - Crystal Copeland 252-3101

Individual Augmentee (IA) Support - Phil Fraser 252-5128

Relocation Assistance Program (RAP)

Wanda Morgan 252-3107

Sponsorship Training / Sasebo Spouse Indoc Smooth Move

Loaner Locker - Crystal Copeland 252-3101

Family Readiness Program (FRG)

Exceptional Family Member Program (EFMP)

Life Skills Education

Pre-Marital Workshop - Phillip Hinnant 252-3105

Stress/Anger Management Workshop / Suicide Prevention - Danielle King 252-3116

Myers-Briggs Type Indicator (MBTI) Workshop - Phillip Hinnant 252-3105

Babysitting Workshop - Danielle King 252-3116

Career Support Retention

Billy Reynolds 252-3604/3114

Transition Assistance Management Program (TAMP) / VA Benefit Information

Career Options and Navy Skills Evaluation Program (CONSEP)

Family Employment Readiness Program (FERP)

Wanda Morgan 252-3107

Resume Writing / Interview Techniques Teaching English to Japanese Personal

Finance Management (PFM) Norman Okada 252-3604/3105

Command Financial Specialist (CFS) Training Thrift Savings Plan (TSP) Guidance

New Parent Support Home Visitation Program (NPHVP)

252-3604/3344

Pre and Post-Natal Education

Crisis Response / Counseling

Blanch Douglas/Tamya Carter / Sarah Gibbs 252-3100/3604

Family Advocacy Program for Victims of Abuse (FAP)

Family Advocacy Victim Assistance Services (FAVA)

Sexual Assault Prevention and Response (SAPR)

A Lesson in De-Stressing

1 Hour of De-Stressing Techniques

Light Refreshments will be served.

Attendees are in for a treat "less stress" techniques that can't be beat...

For more information, Contact Danielle King at 252-3653 or

Danielleking1@yahoo.com



Facility Directory

Main Base

Administration • 252-3472

Mon. - Fri.: 8 a.m. - 5 p.m.

Auto Hobby Shop • 252-3977

Mon., Tue. & Federal Holidays: Closed • Wed., Thu. & Fri.: 3 - 8 p.m. • Sat. & Sun.: 12 - 6 p.m.

Child Development Center • 252-2985

Mon. - Fri.: 6 a.m. - 6 p.m. • Closed Federal Holidays (Special openings by pre-arrangement.)

Fleet Fitness Complex • 252-3588

Welcome Center • 252-3595 • Mon. - Fri.: 5 a.m. - 10 p.m. • Sat., Sun. & Holidays: 9 a.m. - 7 p.m.

Spare Time Recreation Fitness Center • Open 24 hours daily

Galaxies • 252-2980

Wed. & Thu.: 6 p.m. - 12 a.m. • Fri. & Sat.: 6 p.m. - 2 a.m. • 2nd Floor Lounge opens 4:30 p.m. daily

Brodie's (2nd Deck) • 252- 2977 / 252-2978 • Sun. - Thu.: 11 a.m. - 11 p.m. • Fri. & Sat.: 11 - 1 a.m.

Harbor View Club • 252-3965

Breakfast: Mon. - Fri.: 6:30 - 9 a.m. • Sat: 6:30 - 10 a.m. • Lunch: Mon. - Sat.: 11 a.m. - 2 p.m.

Dinner: Mon. - Sun.: 5 - 9 p.m.

Mongolian BBQ: Thurs.: 5 - 9 p.m.

Sunday Brunch: 10 a.m. - 2 p.m.

Hog Heaven: Sun. - Thu.: 4:30 - 11 p.m. • Fri. & Sat.: 4:30 p.m. - 1 a.m. • John Meyer (CPO) Club: Daily: 11 a.m. - 11 p.m.

Puck's Cafe: Mon. - Fri.: 6 a.m. - 9 p.m. • Sat. & Sun.: 7 a.m. - 9 p.m.

Liberty • 252-3756

Single or Unaccompanied Military Program • Located on the 2nd floor of the Fleet Fitness Complex

Sun. - Thu.: 12 p.m. - 11 p.m. • Fri. & Sat.: 12 p.m. - 1 a.m. • Federal Holidays: 12 p.m. - 1 a.m.

Library • 252-3593

Mon. - Fri.: 10 a.m. - 7 p.m. • Sun.: 10 a.m. - 5 p.m. • Sat. & Federal Holidays: Closed

Marketing • 252-3930

Mon. - Fri.: 8 a.m. - 5 p.m.

Paws & Claws • 252-2905

Mon. - Fri.: 11 a.m. - 4 p.m. • Sat. & Sun.: 11 a.m. - 2 p.m. • Closed on Federal Holidays

Personnel Office • 252-3328

Mon. - Fri.: 8 a.m. - 4:30 p.m.

Pre-Teen & Teen Center • 252-3797

Mon. - Thu.: 3 - 6 p.m. • Fri. & Sat.: 3 - 8 p.m. • Sun. & Federal Holidays: Closed

Outdoor Adventure Center • 252-3500

Mon., Thu. & Fri.: 11 a.m. - 5 p.m. • Tue. & Wed.: Closed • Sat. & Sun.: 8 a.m. - 5 p.m.

SATO Leisure Travel • 252-3488

Mon. - Fri.: 9 a.m. - 5 p.m. • Located in the CFAS Housing Welcome Center

School Age Care Program • 252-2989

Mon. - Fri.: 6 a.m. - 6 p.m. • Sat., Sun. & Federal Holidays: Closed

Showboat Theater • 252-3822

Movie times published weekly at www.cnmc.navy.mil/sasebo.

Spare Time Recreation Center • 252-3634

Daily: 11 a.m. - 10 p.m. • Secured 2nd Tuesday of each month until 5 p.m. for maintenance

11th Frame Snack Bar • 252-3636

Travel & Tours • 252-3433 / 252-2916

Mon. - Sat.: 10 a.m. - 6 p.m. • Sun. & Federal Holidays: Closed

Veterinary Services • 252-3585

Mon., Tue. & Fri.: 8 a.m. - 3 p.m. • Wed., Thurs., Sat., Sun. & Federal Holidays: Closed

Closed for lunch everyday from 12 - 1 p.m.

Hario Village

Child Development Center • 252-8842

Mon. - Fri.: 6 a.m. - 6 p.m. • Closed Federal Holidays • (Special openings by pre-arrangement.)

Hario Fitness Center • 252-8960

Mon. - Fri.: 2 - 8 p.m. • Sat., Sun. & Federal Holidays: 9 a.m. - 6 p.m.

Cardio, Soft Play Area & Select Machines: 24-hours daily

Hario Cantina • 252-8857

Thu.: 6 p.m. - 12 a.m. • Fri. & Sat.: 6 p.m. - 1 a.m.

Pre-Teen & Teen Center • 252-8968

Mon. - Thu.: 4 - 6 p.m. • Friday: 4 - 8 p.m. • Sat.: 2:45 - 8 p.m. • Sun. & Federal Holidays: Closed

School Age Care • 252-8866

Mon. - Fri.: 6 a.m. - 6 p.m. • Sat., Sun. & Federal Holidays: Closed

Village Theater • 252-8753

Movie times published weekly at www.cnmc.navy.mil/sasebo.

Youth Sports • 252-8963

Mon. - Fri.: 8 a.m. - 5 p.m. • Sat., Sun. and Federal Holidays: Closed

COMMANDER,
FLEET ACTIVITIES, SASEBO

CAPT Charles Rock

CHIEF STAFF OFFICER

CDR Donald A. Smith

MWR DIRECTOR

VACANT

FFSC DIRECTOR

Olivia O'Neal

MWR MARKETING

DIRECTOR

Allison Foo

MWR PUBLIC AFFAIRS

SPECIALIST

Maggie Matsuo

GRAPHIC ARTIST

Chiaki Robinson

SUMMER INTERN

Kara Smith



COME ON DOWN TO MWR'S BACK-TO-SCHOOL

OVER THE HEDGE Block Party

In front of the
**Hario Fitness
Center**

For more information,
call 252-8845.

**Saturday,
August 25**
3 - 6 p.m.

**Flea Market • Scavenger Hunt
Farmer's Market • Bicycle Rodeo
Bike Registration & Inspection
Information Fair • Food Vendors
Free Movie • Prizes & More!**



FREE MOVIE!



6:30 p.m.

Hario Theater

Complete details for
tickets will be available
at event.

Tickets while supplies last.

WANTED... VENDORS!

FLEA MARKET

\$15 per 10' x 10' Space
\$5 per Table • \$1 per Chair

FOOD VENDORS

\$30 per 10' x 10' Space
Includes 2 Tables & 4 Chairs (No Elec.)
Private Organizations are responsible to comply
with Preventive Med., Fire & Safety requirements.

Registration Deadline: Monday, August 13
Register at the Hario Fitness Center.



SEASIDE FESTIVAL

For more information, call 252-3472.

This event is open to the CFAS and Sasebo Communities.

Japanese guests must have a photo ID.

Large bags and backpacks are subject to search. No alcohol or pets allowed.



OPEN BASE EVENT!
SATURDAY & SUNDAY,
AUGUST 4 & 5

GATE TO PUBLIC OPENS AT 2 P.M. • CLOSES AT 8:30 P.M.

FOOD • CARNIVAL GAMES • AIR TOYS • SHIP TOURS • ARTS & CRAFTS
LIVE ENTERTAINMENT • UGLY ALOHA SHIRT & SURFBOARD CONTEST • & MORE
SOFTBALL, SAND VOLLEYBALL & BASKETBALL TOURNAMENTS AT NIMITZ PARK

Main Stage will be located at the Fleet Fitness Complex



Live Entertainment!

MUSIC TRIBUTES

BEYONCE • JUSTIN BEIBER • MILEY CYRUS • LADY GAGA



JOINT 7TH FLEET & JMSDF BANDS

also happening at the Sasebo Station Harbor

Yukata Contest • Competitions
Tug-o-War on the Ocean
Live Entertainment & More!

Fireworks Show
Saturday, August 4
8:30 p.m.
Sasebo Harbor

In the case of inclement weather, fireworks will be rescheduled for Sunday, August 5.

Station area



Sasebo Station Harbor



Neither MWR nor the U.S. Navy endorses any product or service of the mentioned sponsor.